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PAGE 52

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AS TOLD TO LISA GOFF

ON THE COVER: GK HART/VIKKI HART/GETTY IMAGES; RIGHT: COURTESY ERIK BOOMER

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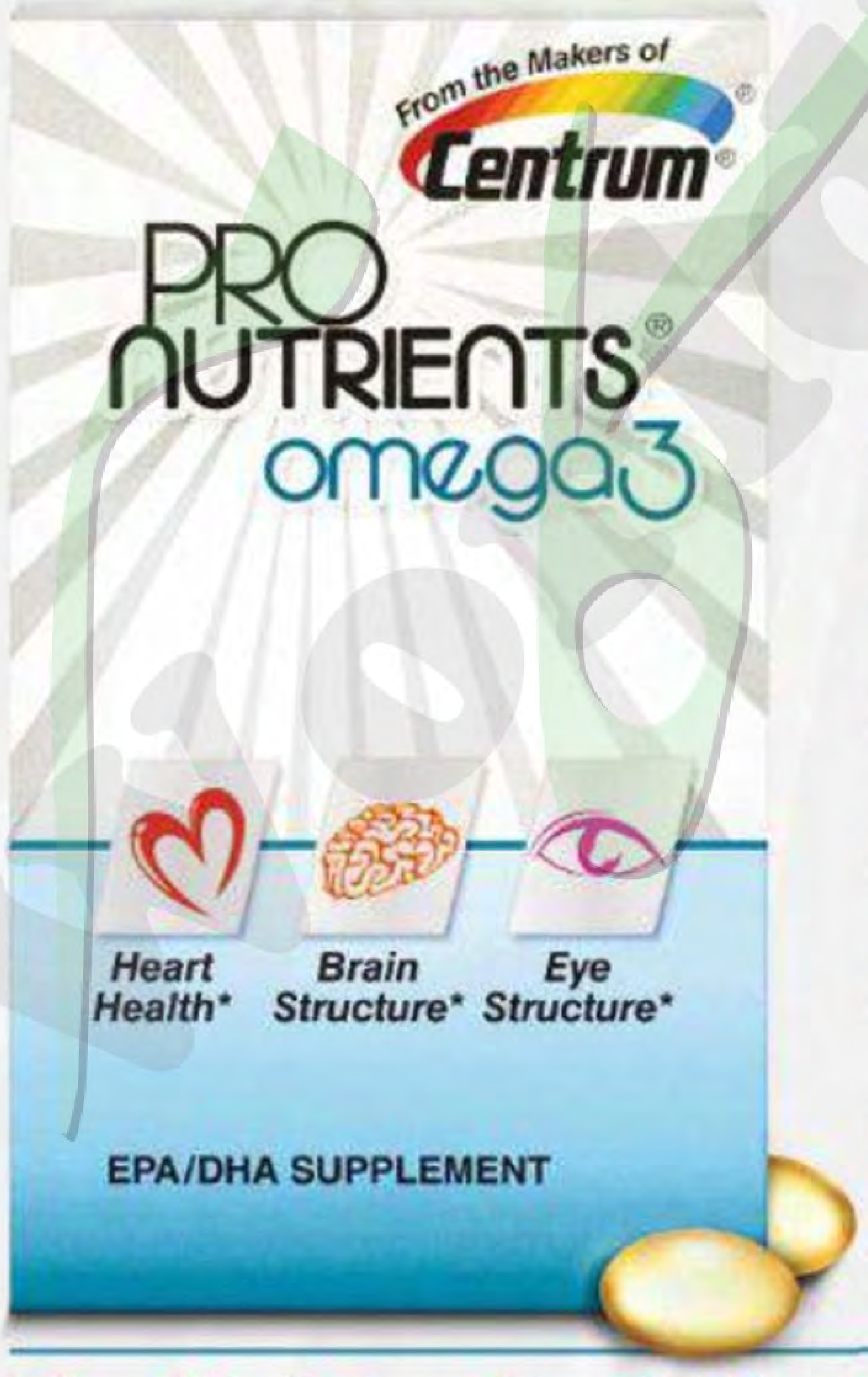

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Editor's Note

The Family Furball

Did you ever see a grown man walk a cat?

I have, and it's the darnedest thing, both funny and sweet.

You see, Dad couldn't deprive Festes, his beloved Maine coon cat, the fresh air, green expanse, and outdoor smells of our backyard. Yet he dared not let Festes risk a run-in with the fox who lived in the woods.

My parents had let earlier cats venture freely onto the back patio. The idea was to train Rufus, Samantha P, or Lucy to stay close by shaking a can of coins whenever they ventured near the edge. Anyone who has tried to train a cat knows how well this strategy works. (It didn't.)

In the evenings, sometimes they showed up to the back sliding-glass door with a prize. We applauded because, until we did, the cat wouldn't drop the mouse or chipmunk wisely playing dead.

Festes brought out our protective instincts. He looked like a warrior but had a meow like a bath toy. This was the cat who would sleep on Dad's bed through the end, keeping watch, purring and knowing. The size of a raccoon, he was a significant presence with a heart of mush. Just like his dad.

Thus, the evening constitutional was born. Festes—showing the same spirit of cooperation with which he entered the cat carrier for a trip to the vet—allowed my father to attach the leash. Then around the yard they'd go. Cars stopped. Schoolboys pointed. Some sight they were.

Enjoy our cover story, "50 Things Your Vet Won't Tell You." Whether you're a cat person or a dog person (we're both at *Reader's Digest*), the story is full of stuff you need to know—and didn't know you needed to know—about *your* family furball.

What it doesn't tell you (because it doesn't have to) is how much you'll love each other.

THIS MONTH, I HOPE YOU:

Sigh "The Night I Met Einstein," page 118

Laugh "Five Stupid Internet Reactions," page 144

Cheer "What It's Like ...," page 160

FROM TOP: STEVE VACCARIELLO; PHOTOGRAPHED BY MELANIE DUNEA/CPI

L. Vaccariello

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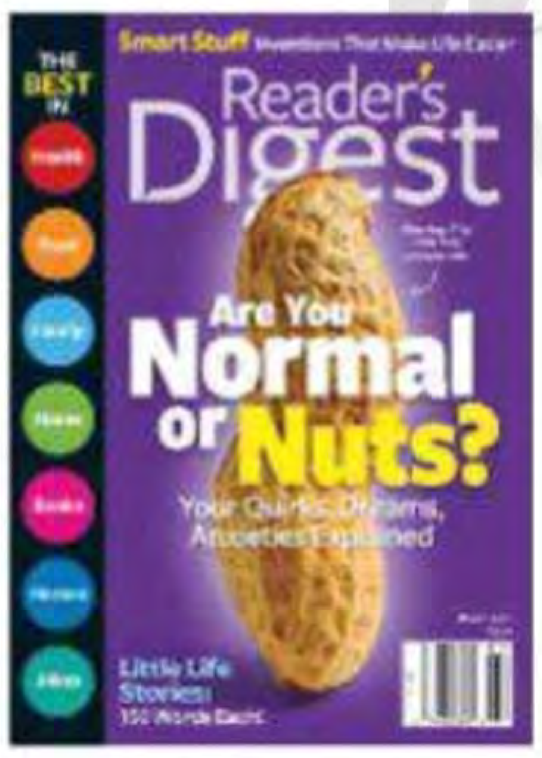

React

LETTERS ON THE MARCH ISSUE

YOUR WORDS COUNT
This "word cloud" we created at wordle.net shows us how many times you used a particular word in your letters to the editor.

Normal and Nuts

After reading your article, I can confirm: I'm "normally nuts"!

Joy Forbes, Ocala, Florida

I suffer from misophonia, and I am not nuts. You insult me and thousands of others who are deeply bothered by certain sounds. Before concluding that I am mentally unstable, you should consult with actual misophonia sufferers. My problem is physiological. *E. B.,* Draper, Utah

The sidebar about bipolar, OCD, and the like ("The Upside of Being a Little Nuts") was excellent. I have bipolar disorder, and I know at least one person with each of the conditions listed. Thank you for your compassionate view of these disorders.

Harold Schreckengost, Warren, Pennsylvania

One Woman's Trash ... Can Be an Entire Classroom's Art Project

I have a suggestion for the elderly lady who keeps paper towel rolls: Donate them to a local elementary school for art projects. Art teachers love them. She can feel good about contributing—and recycling—plus she won't have them in her house.

Debbie Williams, Key Largo, Florida

Tattoo Dos

A couple of years ago, just before our son was shipped off to Afghanistan, our family wanted to do something to confirm our togetherness.

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Our idea? A tattoo. My husband drew up the design, and then my son, daughter, and I went together to get matching tattoos, like the mother and daughter in "The Power of Tattoos." While our son was away, I would touch my tattoo and feel so much closer to him. He returned safely to us after his year of duty, but these tattoos are still special.

Judy Self, Gallion, Alabama

Perfection!

You never know what's going to show up in *Reader's Digest*! I'm finally able to cook the perfect boiled egg. *Bill Weant,* Salisbury, North Carolina

We Wonder at Her Wanderings

Although Pamela Salant foolishly went looking for trouble by wandering off alone unprepared, it's truly amazing that she was able to endure such a terrible ordeal ("Nightmare in the Woods"). She is a person who embodies that sense of never giving up and always pushing harder, and you can overcome the seemingly impossible.

SeekeRofknowledge, comment on rd.com

What an adventure. Just reading it was emotional. Such a brave and courageous woman. Hats off to her.

Gita, comment on rd.com

Stories Are Us

I have been reading the feature about life stories in 150 words or less to everyone who will listen. Excellent challenge and incredible results! *Lisa Maggard,* via Facebook

I, too, am a wife, a mother, a daughter, and a sister. I am an aunt, a niece, and a friend. I am not a great dancer and, at times, a klutz. I am a

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fan of roses, movies, and popcorn. I am, at times, a scatterbrain. And I am one more thing. I was a breast cancer patient, and I am a breast cancer survivor. I truly enjoyed reading Nicole Malato's story. It made me realize I am also one of "The Best Life Stories."

Judy Staub, Hoagland, Indiana

Two of "The Best Life Stories" almost brought me to tears: Brian Mayer writing about his son's meaningless diagnosis and Courtney Roth's account of her son Tripp's struggle with EB. Both taught me to always have hope in bigger and greater things, beyond what the eye can see.

M. B., Alexandria, Virginia

Editor's Note: We are saddened to report that Courtney Roth's son Tripp passed away on January 14. To donate toward a cure for EB, please visit childrenscancer.org/puck or debra.org.

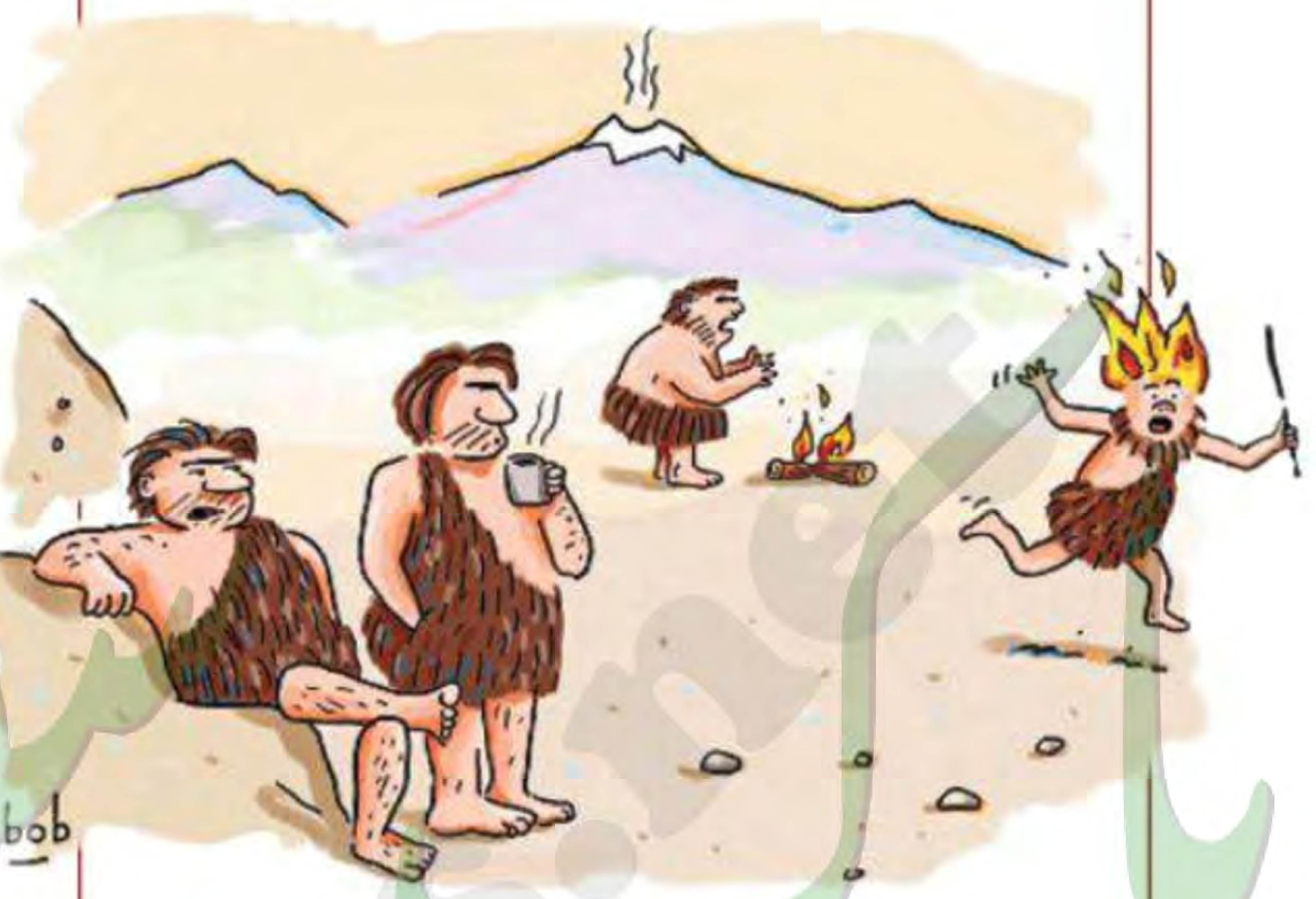
Grandma Loves Best

Anne Lamott beautifully expresses the wonderful essence of being a grandparent ("A Grandmother's Tale"). With my own children, I remember wearily wishing away their confining baby years for a time when we'd all be more independent. But not with my grandson! I'm holding on to every precious moment of his infancy, praying it won't slip by in a blur.

Denise Richards, Brooklyn, New York

ILLUSTRATED BY BOB ECKSTEIN

OUR CARTOON, YOUR CAPTION



We asked our friends on Facebook to suggest their own captions for this cartoon. Below are a few of our favorites.

"We really need a better way to transfer fire to other camps."
Patti Morton Brown

"Oh, he's just interning with Sir Isaac Newton." *Barbra Valentine*

"I am awaiting the release of FIRE 2.0!" *Charles C. Bonham*

"The making of the first firewall."
Louise Anne

"The day they invented the fire alarm." *Michael Mercado*

"Nice hat." *Robert Wilson*

Original caption: "I'm waiting for them to work out the bugs."

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Inspiring Minds Want to Know

Like us on **facebook.com/readersdigest** for your daily wow—we're posting the best of what we're seeing. Below, a few favorites.

1 UNBELIEVABLE PHOTOS

This *National Geographic* image of a chameleon proves it: The world's smallest known reptile, found in Madagascar, can truly fit on the head of a match. What photos inspire a sense of wonder in you?

2 MEMORABLE FACTS

Adele's "Someone Like You" is written in a way that makes your brain want more. The more emotions a song provokes (whether depressing or uplifting), the more we crave it, according to studies cited on wsj.com. What song always makes you emotional?

3 SKY'S-THE-LIMIT VIDEOS

NASA's time-lapse images of the northern lights, taken from 225 miles above the earth, may be the most quietly beautiful 32 seconds of footage we've seen. What's the first thought that comes to mind when you watch it?

4 SPECTACULAR IMAGES

The most visually arresting thing we saw all day: the Luminarie De Cagna, a cathedral made from 55,000 LEDs, created by Italian artists and last seen on display in Ghent, Belgium. To experience it, the audience walks through the installation.

FROM TOP: COURTESY JOERN KOEHLER; BEN STANSALL/AFP/GETTY IMAGES; COURTESY NASA/NASAIMAGES.ORG; DIDIER MESSENS/GETTY IMAGES

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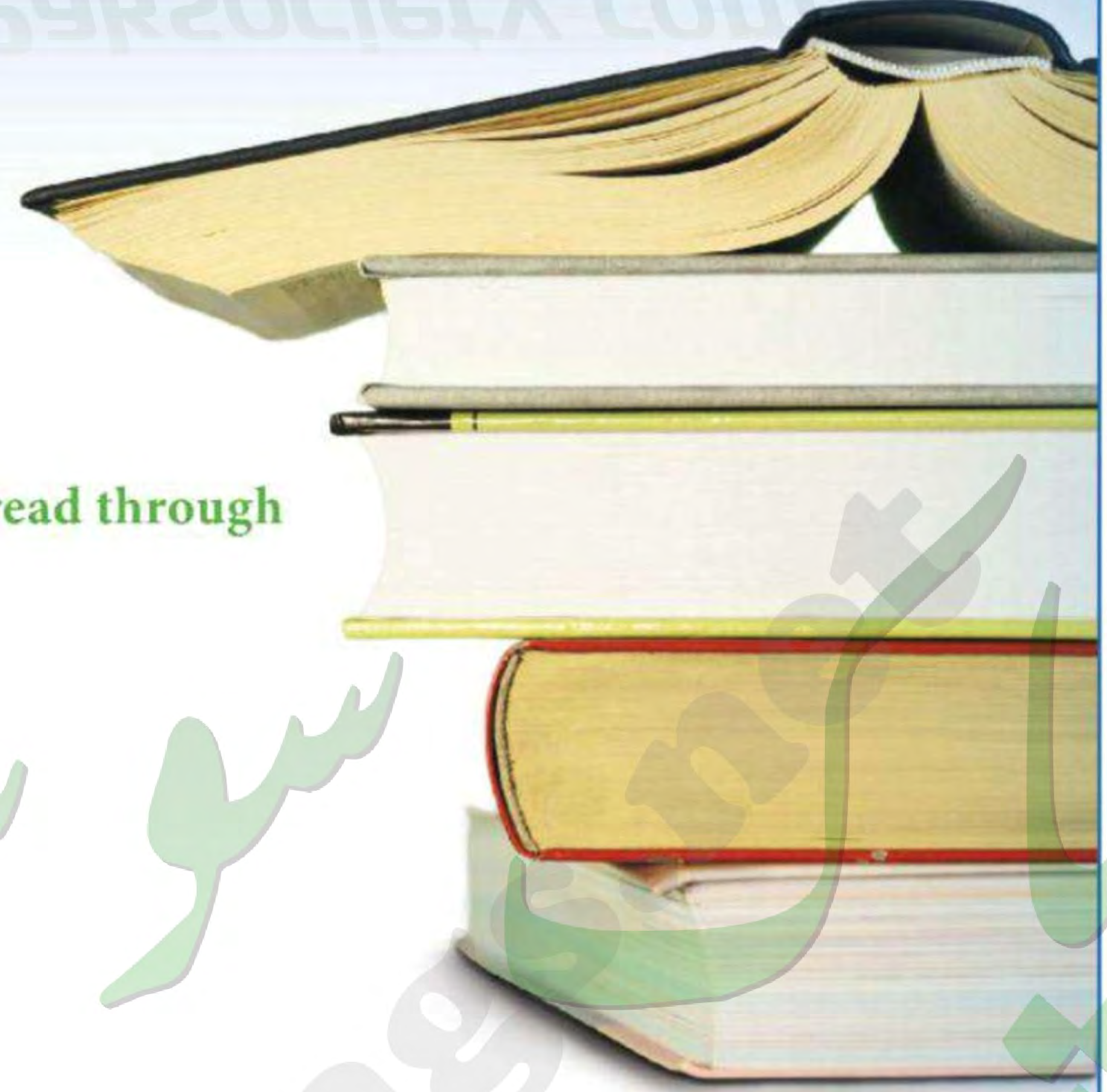

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Hometown Heroes

The Fire Next Door

BY MELODY WARNICK

- **Who:** Jeremie Wentworth, 39
- **What:** Saved his neighbor from a house in flames
- **Where:** Belchertown, Massachusetts

Lightning flashed through the darkness over Donald Lubeck's bedroom skylight. Before the 80-year-old retired international aid worker could count "one thousand one," he was shaken by a blast of thunder. It was 11 p.m. The storm had moved directly over his two-story wood home in the rural town of Belchertown, Massachusetts. Then he heard the smoke alarm beeping. Lubeck padded down the stairs barefoot to investigate; he opened the door to the basement, and flames exploded out.

The sudden gust from the doorway instantaneously created an inferno from a smoldering fire, most likely caused by lightning, in the basement fuse box. His face and hair singed, Lubeck fled back upstairs to call 911 from his bedroom. "I felt safe because the room had a separate outdoor stairway," he explains. "I was counting on that."

But the phone didn't work, and when Lubeck

Watch a video of Jeremie Wentworth and Donald Lubeck on your iPad or Kindle Fire by downloading the *Reader's Digest* app or by going to rd.com/may.

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“We share a bond now,” says Wentworth, right, with Lubeck.

PHOTOGRAPHED BY JASON GROW

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tried to go down the exterior stairway, he was stopped by a wall of flames. "I started panicking," he says.

Lubeck realized he was trapped. His daughter and young granddaughters, who lived with him, were away for the night. No one will even know I'm home, he thought. His house was three miles off the main road and so well hidden by pines that Lubeck knew calling for help would be fruitless.

"The thing that got me was to die alone. Not to say goodbye to someone," says Lubeck.

"I could hear the fire moving through the house—*boom, crash, bang, boom*—and you know it's coming for you," Lubeck says. "The thing that got me was to die alone. Not to say goodbye to someone."

Up a hill about a third of a mile away lived Lubeck's closest neighbors, Jeremie Wentworth and his wife. Wentworth had been lying down listening to crickets chirping when it occurred to him that the sound was more like a smoke detector. He jumped out of bed, grabbed a cordless phone and a flashlight, and headed down the hillside toward the noise. That's when he saw the roiling mountain of black smoke.

He dialed 911, then called out, "Is anyone there?" as he approached the house. Wentworth knew that Lubeck lived in the house, and the two men were friendly.

Then he heard, "Help me! I'm trapped!" coming from the balcony off Lubeck's bedroom. On the phone, the 911 dispatcher warned Wentworth not to enter the house. "But there was no way I was going to listen to Don scream and die in that fire," he says. "I told the dispatcher, 'I'm sorry, but I'm going in.'"

Inside the house, windows shattered all around him. "I was yelling, 'Don, where are you?' Then I had to run outside to catch my breath."

After one more attempt inside the house, he gave up and circled around back. The wind parted the black smoke just enough for him to glimpse Lubeck on the second-floor balcony. But there was no way to get to him. "I shined the flashlight into the woods next to an old shed and noticed a ladder," says Wentworth. He dragged it over to the balcony and pulled Lubeck down just as the second floor of the house collapsed.

Within the year, Lubeck and his family built a new two-story wood house at the site of the fire. Wentworth and Lubeck don't run into each other regularly, but Lubeck now knows that if he ever needs help, Wentworth will be there.

Lubeck still chokes up when he tells the story. "I was alone," he says. "Then I heard the most beautiful sound in my life. It was Jeremie."

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The Trash Whisperer

- **Who:** Mark Olmsted, 53
- **What:** Cleaning up the neighborhood
- **Where:** Hollywood, California

After serving nearly ten months in prison for selling drugs, Mark Olmsted promised he would use his second chance to improve himself—and his neighborhood. Out walking his dog, Gaza, in his litter-filled Hollywood neighborhood one morning, Olmsted recited a line from the Serenity Prayer: God grant me the serenity to accept the things I cannot change. "My first thought was to accept it—people litter," says Olmsted, a freelance writer and subtitle editor. Then he realized he didn't have to. "I couldn't think of a reason not to pick it up," he says.

Shortly after, armed with an E-Z Reacher tool and several plastic grocery bags, Olmsted hit the streets, picking up water bottles, fast-food wrappers, and other trash along his four-block route. He also began lobbying community leaders to install trash cans in the neighborhood.

In the seven years since he started his one-man garbage collection, the self-proclaimed Trash Whisperer estimates that he has gathered more than 10,000 grocery bags full of trash. "I vowed to be of service to my community," says Olmsted. "I'm not changing the world, but I am taking care of these blocks"—one plastic bottle at a time. *Beth Dreher*

Olmsted estimates he fills four bags a day with litter.

PHOTOGRAPHED BY LORI STOLL

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The Digest

The Best for May

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A Moment of Reflection

The brilliant blue morpho, one of the world's largest butterflies, gets its extra-vivid iridescence from light-reflecting scales on the backs of its wings. Here, as photographed by Ashton Worthington, the butterfly's luster comes from blue nail polish that's been poured into a mold to harden, surely making for a sturdier specimen, the life span of which is ordinarily 115 days.

ASHTON WORTHINGTON/K2CREATIVEMANAGEMENT; RETOUCHING: DON RUSSO

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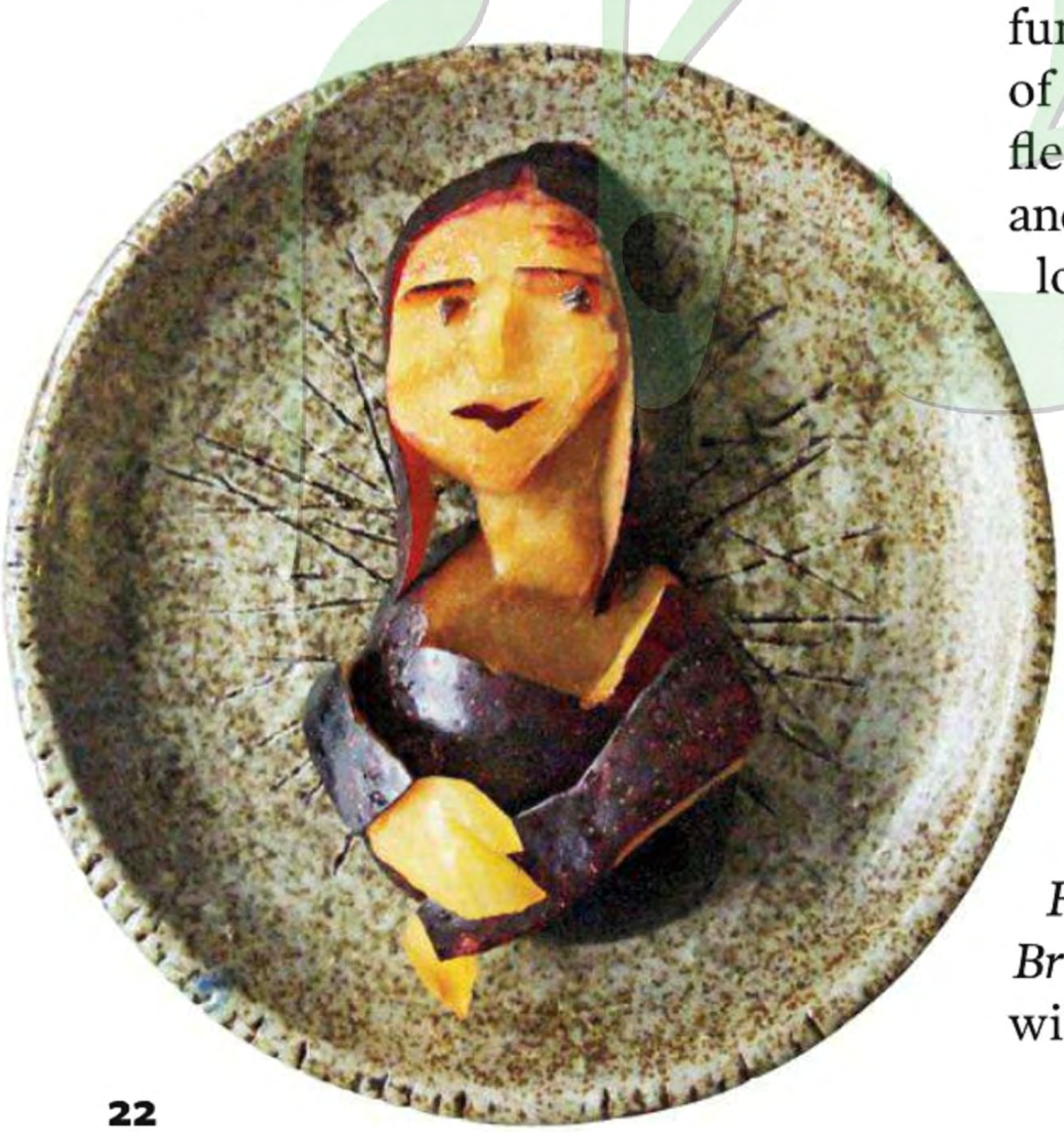
VISUAL FEAST

Eat, Plate, Love

BY RACHEL MOUNT

Breakfast isn't usually heralded as a prime romantic moment—but with a little ingenuity, New York City jazz musician Bill Wurtzel and his wife, teacher Claire Wurtzel, made it just that. Early in their marriage, Bill whipped up a whimsical work of art for Claire: fried eggs decked out to look like a happy face. She was so delighted that he began regularly surprising her with the small gestures: fun pictures made of oatmeal, eggs, waffles, fruit, vegetables, and, most important, love. "They're hilarious!" says Claire. "Plus, it encouraged me to eat more healthfully."



Fifty years later, Bill has yet to repeat a design. "I'm determined to get to our 51st anniversary," he jokes. "And this is one way to do it!"

Inspired? Their new book, *Funny Food: 365 Healthy, Silly, Creative Breakfasts* (Welcome Books, $19.95) will jump-start your day.

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Wurtzel has prepared over 400 of these edible works of art.

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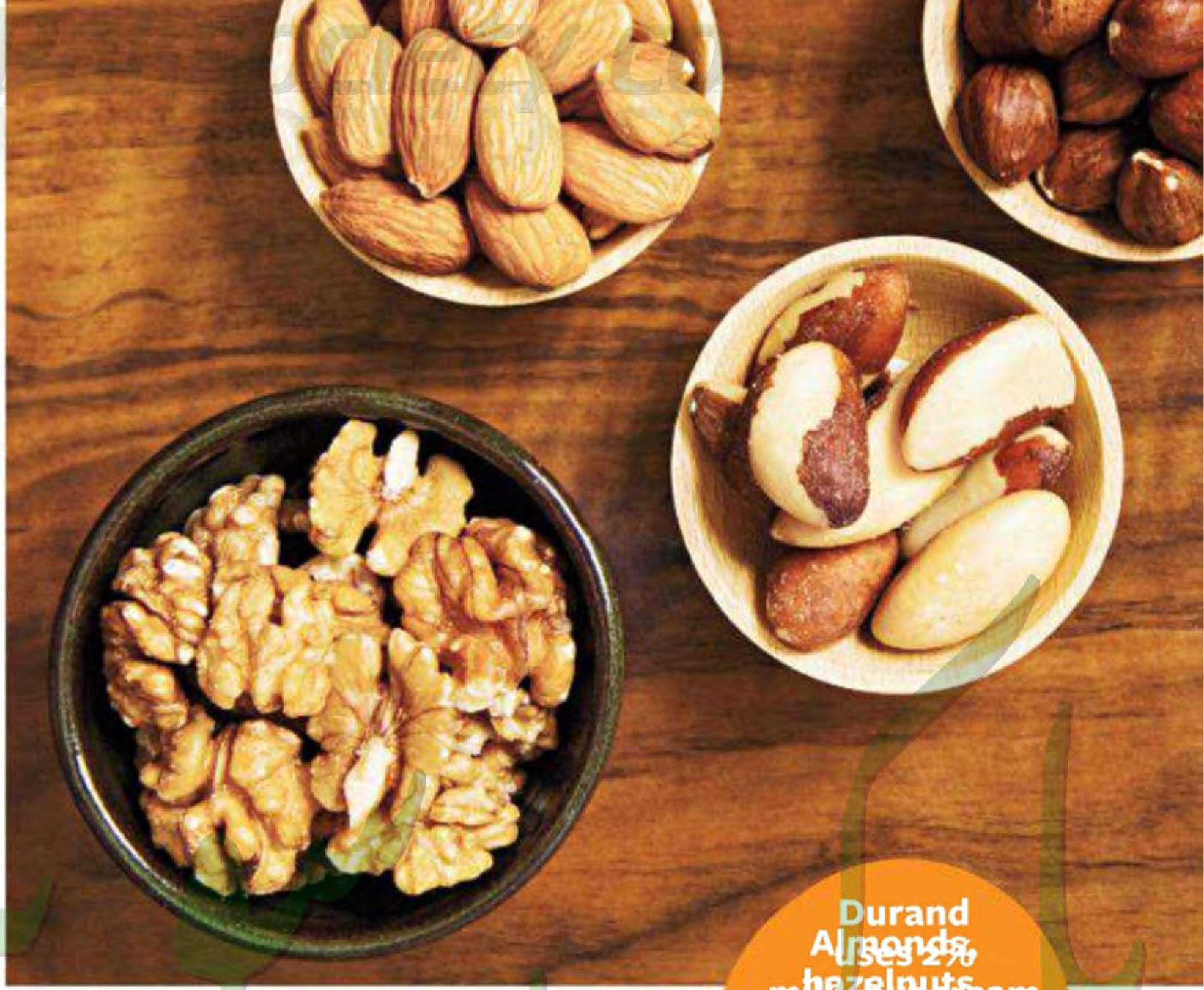
HOME COOK HELPER

5 Things You Didn't Know You Could Do with Your Microwave



Almonds, hazelnuts, Brazil nuts, walnuts—any nut can go in the microwave.

Durand uses 2% milk, but cream and half-and-half make the best latte foam.

Go beyond the basics of reheating leftovers with these surprising shortcuts

BY FAITH DURAND ● ADAPTED FROM **thekitchn.com**

1 TOAST NUTS

Forget preheating the oven just to make a small batch of aromatic nuts. Instead, spread any variety you like in a single layer on a microwave-safe plate. Microwave in 1-minute intervals, stirring between each. When nuts are crunchy and smell toasty (3 to 8 minutes, depending on your microwave), they're ready for a starring role in your morning oatmeal.

2 FROTH MILK FOR YOUR LATTE

You don't need to be a barista—or invest in special equipment—to create airy foam. Fill a small lidded jar halfway with milk, then cover and shake until the milk becomes frothy, about 30 seconds. Remove the lid and microwave for 30 seconds. Pour the milk into your coffee, holding back the foam with a spoon, then scoop foam on top.

3 POACH EGGS

Whip up a speedy lunch: Crack an egg in a microwave-safe bowl or mug, then pour in ⅓ cup water and ½ tsp. vinegar. Cover >>

WORD OF THE MONTH

"Jeroboam"

The term for those extremely large bottles of wine that are displayed in wine and liquor stores. They hold the contents of four to six regular-size bottles, explains babble.com. Synonym: *double magnum*

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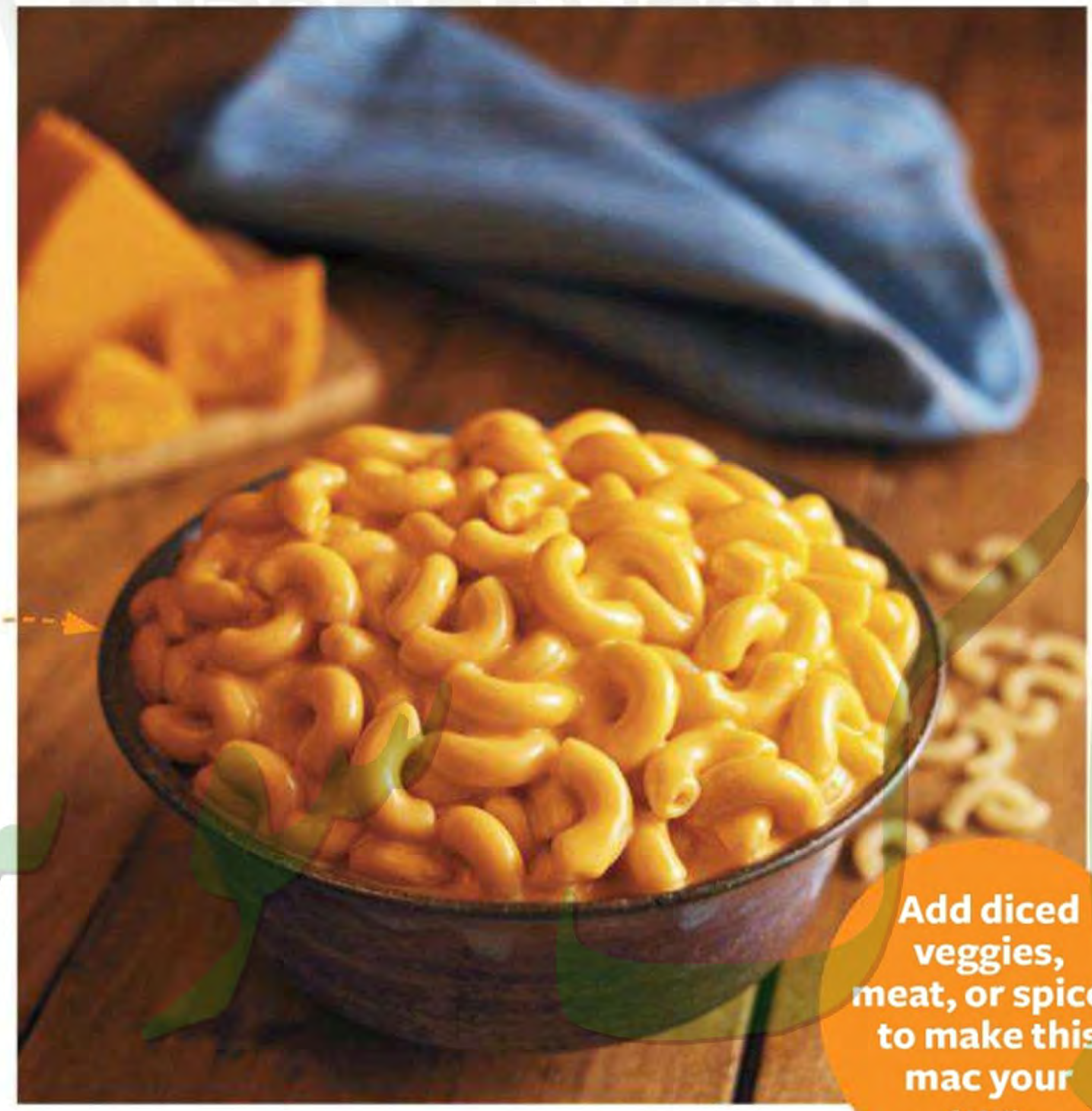
with a microwave-safe plate and cook for 1 minute at 80 percent power. Check the egg; continue cooking, 20 seconds at a time, until it reaches your desired state of doneness.



Add diced veggies, meat, or spices to make this mac your own.

4 MAKE SINGLE-SERVE MAC AND CHEESE

Get both the convenience of the boxed stuff and the satisfaction of homemade with this 10-minute dinner. Combine ½ cup macaroni pasta, ½ cup water, and ½ tsp. salt in a microwave-safe bowl. Microwave on high in 2-minute intervals, stirring between each, until pasta is al dente, 6 to 8 minutes. (Add 2 tbs. water, if needed, to fully cook pasta.) Stir in ¼ cup milk and ¼ to ½ cup shredded cheddar cheese. Microwave for 30-second intervals, stirring between each, until the cheese melts into a rich sauce.

Reader's Digest RECOMMENDS

OUR COOKBOOK OBSESSION

Famous vegetarians Paul, Stella, and Mary McCartney have written a baby-steps guide to eating less meat in *The Meat Free Monday Cookbook* (Kyle Books, $29.95). This isn't rabbit food: Carnivores will be tempted by everything from creamy mushroom soup to grilled figs with ricotta and honey.

Drew Anne Scarantino

5 POP CORN

No need to buy pricey (and preservative-filled) bags of microwave popcorn when you can make your own. Add about ¼ cup kernels to a large microwave-safe bowl and set a plate slightly askew on top. Or fill a brown paper bag with about ¼ cup of kernels and fold the top of the bag over a couple of times. Microwave for 2 to 3 minutes or until most of the kernels have popped. Remove and sprinkle as desired with butter, salt, and other toppings.

DAN COHA/CORBIS

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Grilled Pork Chops
with Basil-Garlic Rub

Prep Time: 20 to 30 minutes
Cook Time: 10 to 12 minutes

INGREDIENTS
4 pork bone-in rib chops, 3/4-in. thick
2 garlic cloves, peeled
1 c. fresh basil leaves, packed
2 tbsp. fresh lemon juice
2 tbsp. extra-virgin olive oil
1 tsp. coarse salt
1/2 tsp. freshly ground black pepper

DIRECTIONS
With machine running, drop garlic through feed tube of food processor to mince. Stop, add fresh basil, and process until chopped. Add lemon juice, oil, salt and pepper; process to make thin, wet rub. Spread both sides of pork chops with basil mixture. Let stand 15 to 30 minutes.

Prepare medium-hot fire in grill. Brush grate clean and oil the grate. Grill chops over direct heat, turning once, to medium-rare doneness, 5 to 6 minutes per side, or until internal temperature reaches 145°F, followed by 3-minute rest.

Serves 4

Scan this QR Code for inspired marinade, rub, and glaze tips.

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FoodDigest

YOU'VE GOT TO TRY THIS RECIPE!

5-Minute Chocolate Cake

BY SARAH JAMES

ADAPTED FROM **instructables.com**

Here's one more feat of microwave magic: a gooey mug of cake, sized just right to satisfy an after-dinner craving.

- ¼ cup flour
- ¼ cup sugar
- ¼ tsp. salt
- 2 tbs. unsweetened cocoa
- 2 tbs. whisked egg
- 3 tbs. milk
- 3 tbs. oil
- 3 tbs. chocolate chips or broken-up candy bar
- ¼ tsp. vanilla extract
- Chocolate sauce or ice cream

1. Mix first four ingredients together in large coffee mug; add egg and combine until paste forms. Stir in milk and oil, then chocolate chips and vanilla.
2. Microwave on medium for 3 minutes, until cake starts to crown over top of mug. Remove, top with chocolate sauce or ice cream if desired, and enjoy.

COURTESY SARAH JAMES

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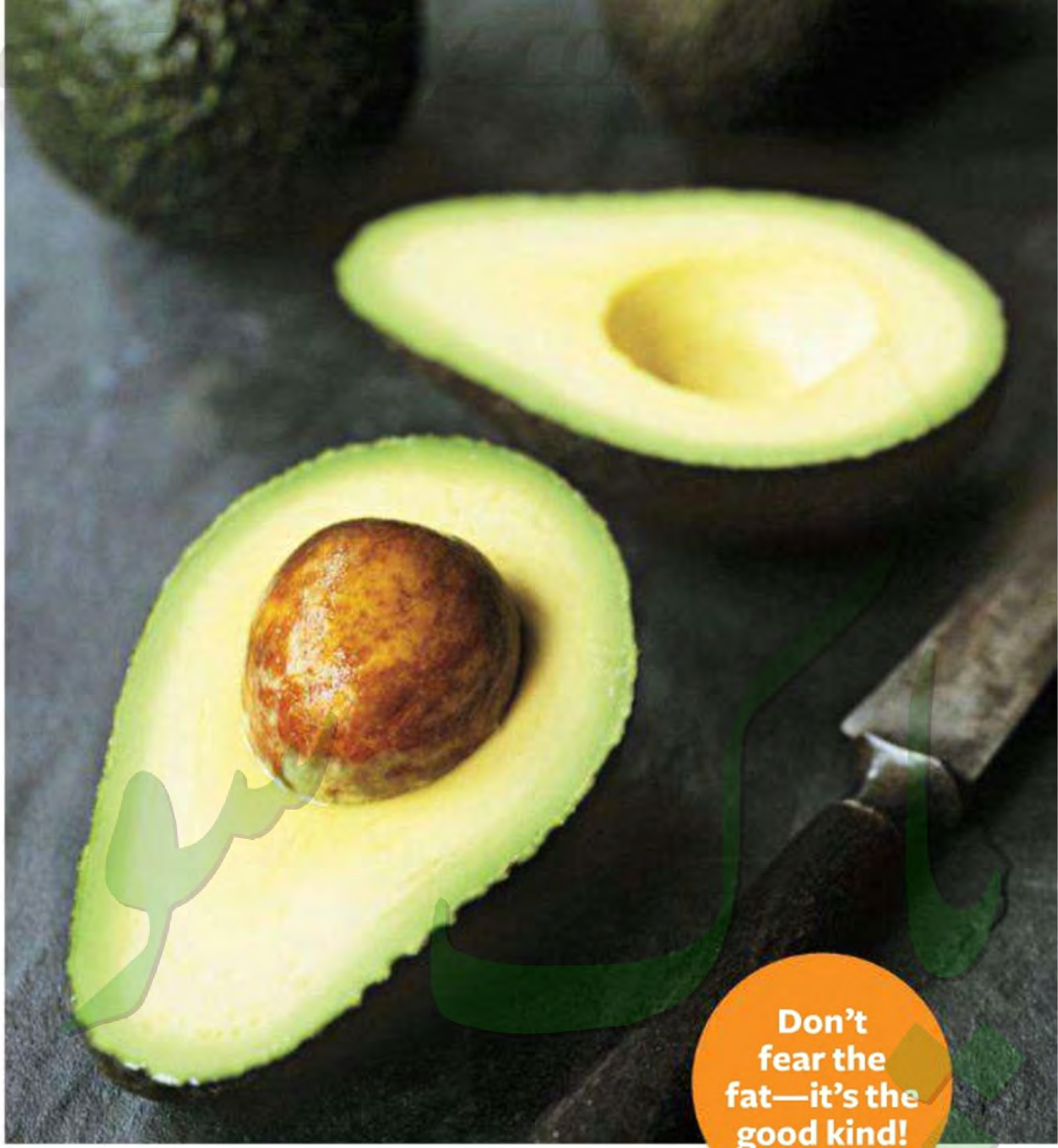
HERO FOOD

Avocado



Don't fear the fat—it's the good kind!

It's time to break out the chips and guac: Americans buy more avocados for their Cinco de Mayo dishes than at any other time of year (except Super Bowl Sunday), according to the California Avocado Commission.

This fruit (yes, it's a fruit!) is stellar with its tortilla-chip sidekick, but it's also full of valuable nutrients. Each is high in fiber, potassium, and vitamin C, says webmd.com. Here, three chefs make the most of the in-season superfood:

● ANNE BURRELL Host of *Secrets of a Restaurant Chef*, Burrell spices up traditional guacamole by adding a squirt of her secret ingredient: a hot and spicy Vietnamese chili paste called sambal oelek.

● ELLIE KRIEGER Author of *Comfort Food Fix*, Krieger tweeted that she spreads avocado on toast in place of butter. It's delicious alone or with a slice of tomato and a sprinkle of coarse sea salt.

● ALICE WATERS Chef/owner of Chez Panisse, Waters makes a simple, refreshing salad of sliced avocado and juicy grapefruit segments tossed with a vinaigrette of olive oil and white wine vinegar. *Lauren Gniazdowski*

GOOD-FOR-YOU TREND

36%
The percentage of Americans who ate white bread last year

54%
The percentage of Americans who ate wheat bread last year

Source: *Wall Street Journal*/ NPD Group

CLOCKWISE FROM TOP: MICHAEL PAUL; BRIAN HAGIWARA; FRAZER HARRISON; HENRY S. DZIEKAN III; OMAR TOBIAS VEGA (ALL GETTY IMAGES)

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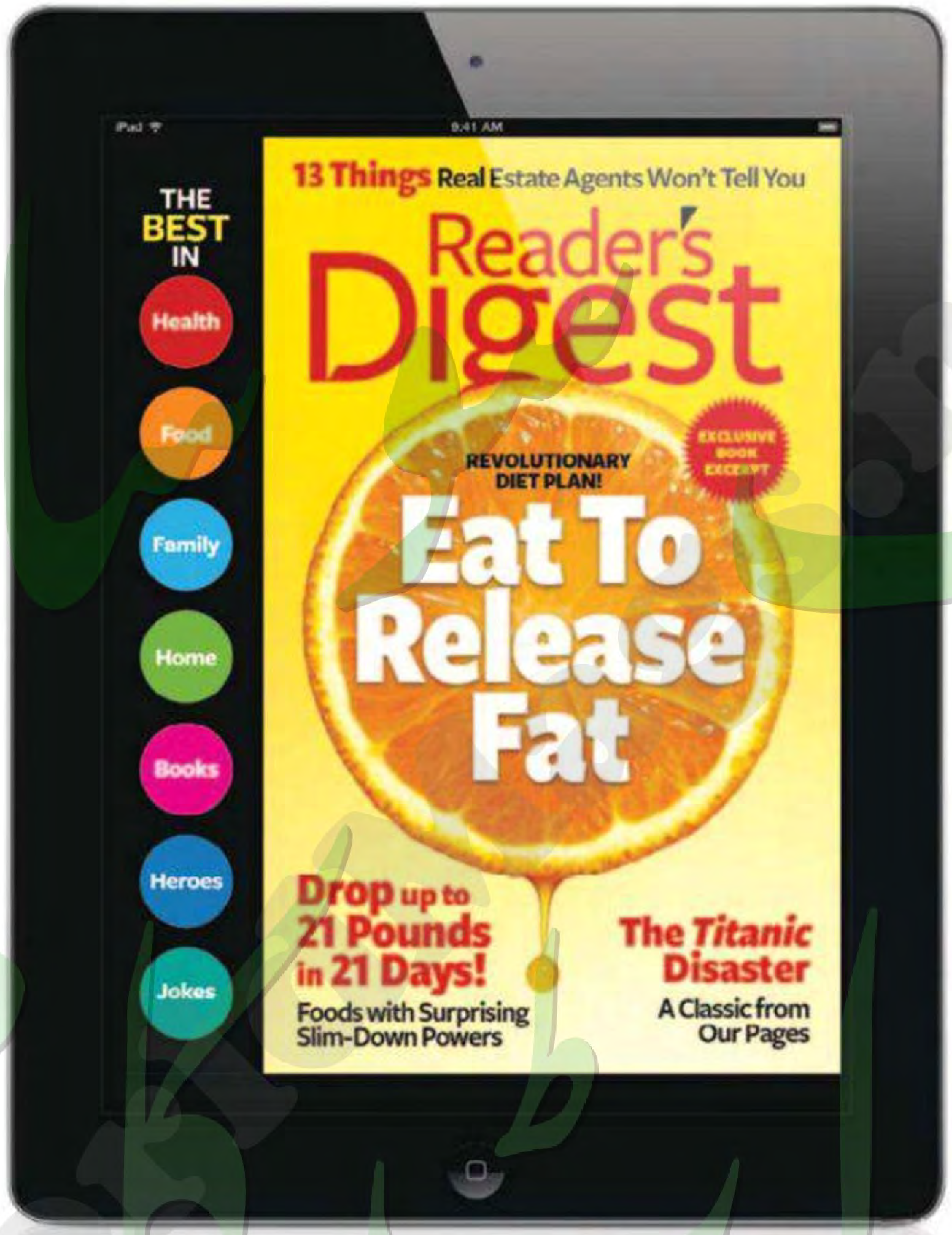

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Reader's Digest

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Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. Talk to your doctor about the importance of diet and exercise in your treatment plan.

*Intended as a guide. Lower acquisition costs alone do not necessarily reflect a cost advantage in the outcome of the condition treated because there are other variables that affect relative costs. Formulary status is subject to change.

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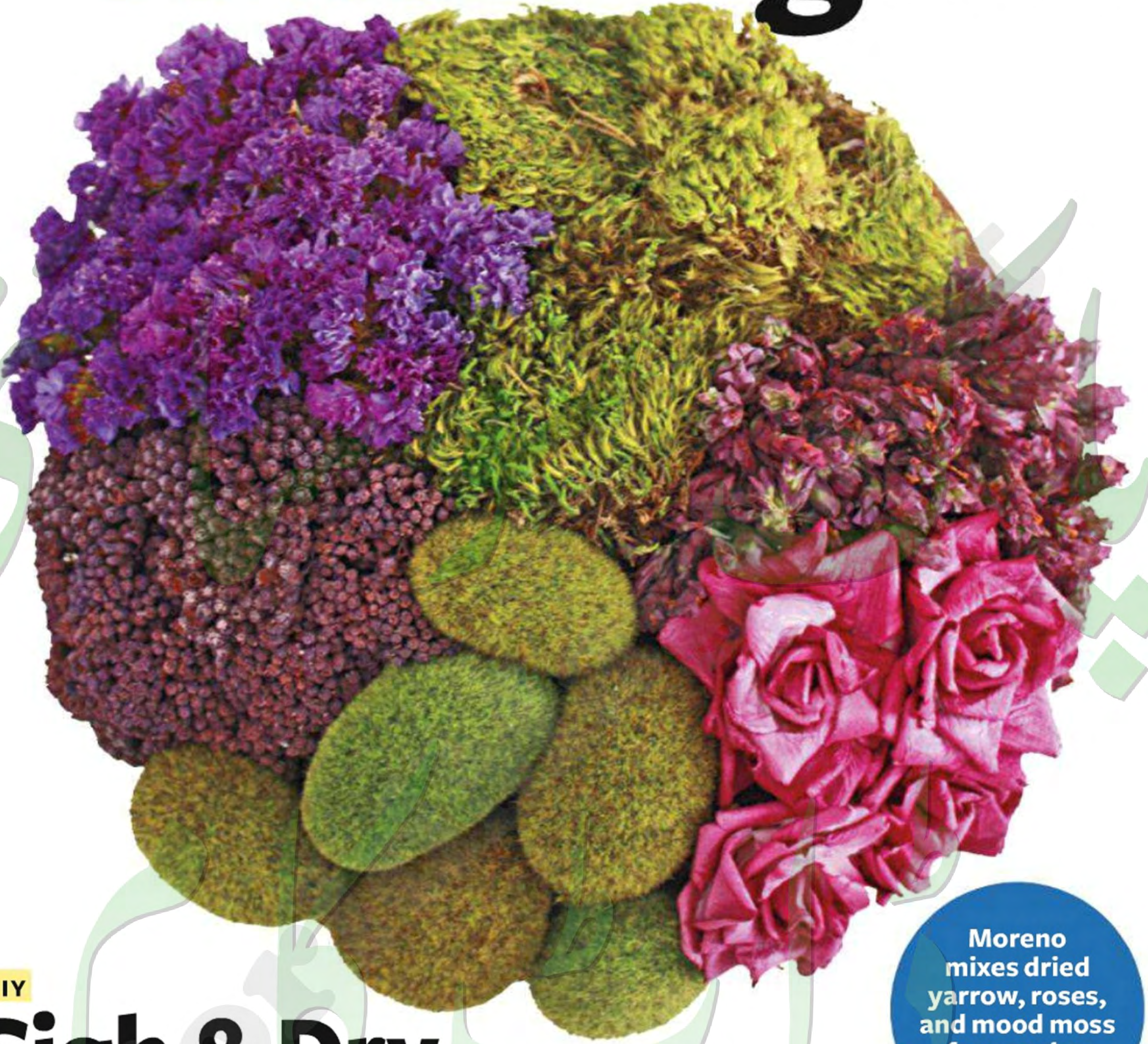

Moreno mixes dried yarrow, roses, and mood moss for a spring bouquet.

DIY

Sigh & Dry

BY ALISON CAPORIMO

Preserve your petals. Christina Moreno, creator of the Flores del Sol dried-flower shop on etsy.com, shows you how.

1) PICK

Choose flowers and plants with sturdy, nonfleshy stems—like roses, peonies, hydrangea, yarrow, and lavender—and snip off the buds before they fully open.

2) PREPARE

Remove excess leaves, tie the stems together with a rubber band or a twist tie, and spritz the bouquet with aerosol hairspray.

3) PRESERVE

Hang flowers upside down in a dark, dry place for four weeks. Then pop them into a vase or tie them with a bow for a modern look.

COURTESY CHRISTINA MORENO

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ADVICE

13 Things Your Landscaper Won't Tell You

BY MICHELLE CROUCH

1 Ditch the mower bag. Those grass clippings will become food for earthworms and microbes that will help make your lawn green and healthy.

2 Sure, the view from the street is important, but **don't forget to look at your landscape from inside the house.** If you have a room with a big window, make sure it looks good from there too.

3 Don't fill every inch of your space with plants and flowers. By next spring, you'll have a weeding and pruning nightmare.

4 That "pretty" red mulch you love? It has been found to contain arsenic and other harsh chemicals that can be harmful to children and pets and will contaminate your soil.

5 Hate bagging leaves? You don't have to. If there's just a light layer, go over them with your mower and leave them on your lawn. **As they break down, they'll help limit weeds from popping up.**

ILLUSTRATED BY EDDIE GUY

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6 You can **send a sample of your soil to a local agricultural agency to have it tested.** Dig down six to seven inches deep and then gather two cups of dirt into sample bags. Mail them off to find out what nutrients you need.

7 If you find a flower you like, always buy more than one. **Plant clumps of species in odd numbers,** such as five or seven in one area, or repeat the groupings throughout your landscape for a unifying effect.

8 **Do-it-yourself landscapers tend to make their planting beds too narrow** and too close to the house. You want to extend your beds out at least one to two thirds of the house's height, if not more.

Landscaping can add as much as **15%** to a home's value.

9 **Laying weed fabric is generally a waste of money and time for the long term;** weeds just grow on top of it. I once had a customer whose beds had seven layers of weed fabric, yet she still had weeds. I guess she kept thinking, If I put down just one more layer, the weeds will stop coming.

10 Most lawn fertilizers have about 30 percent nitrogen, which is way too much. **Look for fertilizer with time-releasing water-insoluble nitrogen** and use it only twice a year on a steady schedule, like on Memorial Day and after Labor Day. In general, well-irrigated and older lawns need less fertilizer.

11 **Watch out for a gorgeous plant called purple loosestrife,** or *Lythrum salicaria,* which a lot of nurseries still sell. Though it's inexpensive and has a lovely flower, it's an invasive species that will spread everywhere and choke out other plants.

12 To keep from overwatering your lawn, **remember that one inch of water once a week is ideal,** maybe once every five days in extreme heat, depending on your soil. Infrequent watering encourages roots to grow deeper to find groundwater, creating a stronger plant.

13 **Looking at a color wheel is a great way to choose garden flowers.** Colors that are opposite each other, like yellow and purple, look beautiful together.

Sources: Noreen Kelley Riordan, co-owner of Summit Tree and Landscape in Rochester, New York; Ivan Katz, owner of Great Lakes Landscape Design in Ferndale, Michigan; Frank Hyman, landscape designer and horticulturist in Durham, North Carolina; Mary Rosenvinge, owner of Garden Rooms in Northport, New York; Tony Hurley, owner of Artistic Landscapes in Georgetown, Massachusetts.

For more things your landscaper won't tell you, go to rd.com/may.

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TO PAINT WALLS:
Color Capture by Benjamin Moore

If you think your morning smoothie would make a great wall color, snap a photo of it with your iPhone or Android device, and let this hue-analyzing app show you the closest paint match. Save your favorite shades and share them via Facebook and Twitter.

TO MEASURE SMARTER:
HandyMan Sidekick

Save time, money, and aggravation during your next trip to the home superstore with this app ($1.99). Whether you're wallpapering a room, figuring out flooring, or determining how much drywall you'll need, type the dimensions of your space into the calculators, and the tool will tell you exactly what to add to your shopping list. The app also offers quick conversions from yards to feet and vice versa.

Alison Caporimo

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HealthDigest

SKIN SAFETY

Outsmart Your Sunscreen Excuses

These products get rave reviews and overcome your big pet peeves

BY LAUREN GELMAN

Only products with SPF 15 or higher can say they prevent burns and skin cancer, according to new FDA rules.

It wouldn't be summer without hot dogs, fireworks, and sunscreen—or perhaps guilt over skipping sunscreen (studies show as many as 40 percent of adults don't use it). But no matter how much of a sunscreen slacker you've been in the past, it's never too late to start. *Reader's Digest* combed the latest product reviews from *Consumer Reports, Prevention, Good Housekeeping,* and more to find the best sunscreens for any scenario.

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EXCUSE:
I hate reapplying when I'm at the beach

CHOOSE: Broad-sprectrum products with at least SPF 30. Sprays and foams make applying less annoying. **TRY:** Aveeno Continuous Protection Sunblock Lotion Spray SPF 70 ($11.99 for 3 oz., Target), Neutrogena Wet Skin Sunblock Spray SPF 30 ($9.50 for 5 oz., drugstores), Coppertone Oil Free Foaming Sunscreen Lotion SPF 75+ ($9.99 for 6 oz., drugstores)

EXCUSE:
Sunscreen irritates my skin

CHOOSE: Broad-sprectrum products free of dyes, fragrances, and alcohol (it's drying). Or opt for sunscreen with mineral blockers, such as zinc oxide or titanium dioxide, which are less irritating. **TRY:** Aveeno Natural Protection Sunblock Lotion SPF 30 ($10.99 for 3 oz., drugstores), Coppertone Sensitive Skin Sunscreen Lotion SPF 50 ($9.25 for 6 oz., drugstores), LaRoche-Posay Anthelios 50 Mineral Sunscreen ($32.95 for 1.7 oz., drugstores)

EXCUSE:
I always sweat it off

CHOOSE: Broad-sprectrum products with good sweat and water resistance; sprays help ensure easier applications after workouts. **TRY:** Banana Boat Sport Performance Continuous Spray Sunscreen SPF 110 ($10.99 for 6 oz., drugstores), Aveeno Hydrosport Sunblock Spray SPF 50 ($10.99 for 5 oz., drugstores)

EXCUSE:
My skin is already sun damaged

CHOOSE: Any broad-sprectrum products with at least SPF 30. It's never too late to start protecting skin, and most sun exposure occurs after age 18, not during childhood. **TRY:** For extra healing, consider NIA24 Sun Damage Prevention 100% Mineral Sunscreen SPF 30 ($45 for 2.5 oz., nia24.com). It contains a specially formulated B vitamin thought to help repair skin.

EXCUSE:
Sunscreen is so expensive

CHOOSE: Broad-spectrum products that give the best protection for your buck; these earned "Best Buy" awards from *Consumer Reports*. **TRY:** Up & Up Sport Sunscreen Broad Spectrum SPF 30 Spray ($5.24 for 6 oz., Target), Walgreens Sport Spray SPF 50 ($7.79 for 6 oz., Walgreens) ■

Reader's Digest RECOMMENDS

NEVER FORGET TO REAPPLY!

Download **MyUV Alert**, a free iPhone app from Coppertone that tells you when it's time to re-slather that sunscreen (every two hours). It also gives the current local UV index reading (how intense the rays are).

TOM MERTON/GETTY IMAGES

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ADVANCES

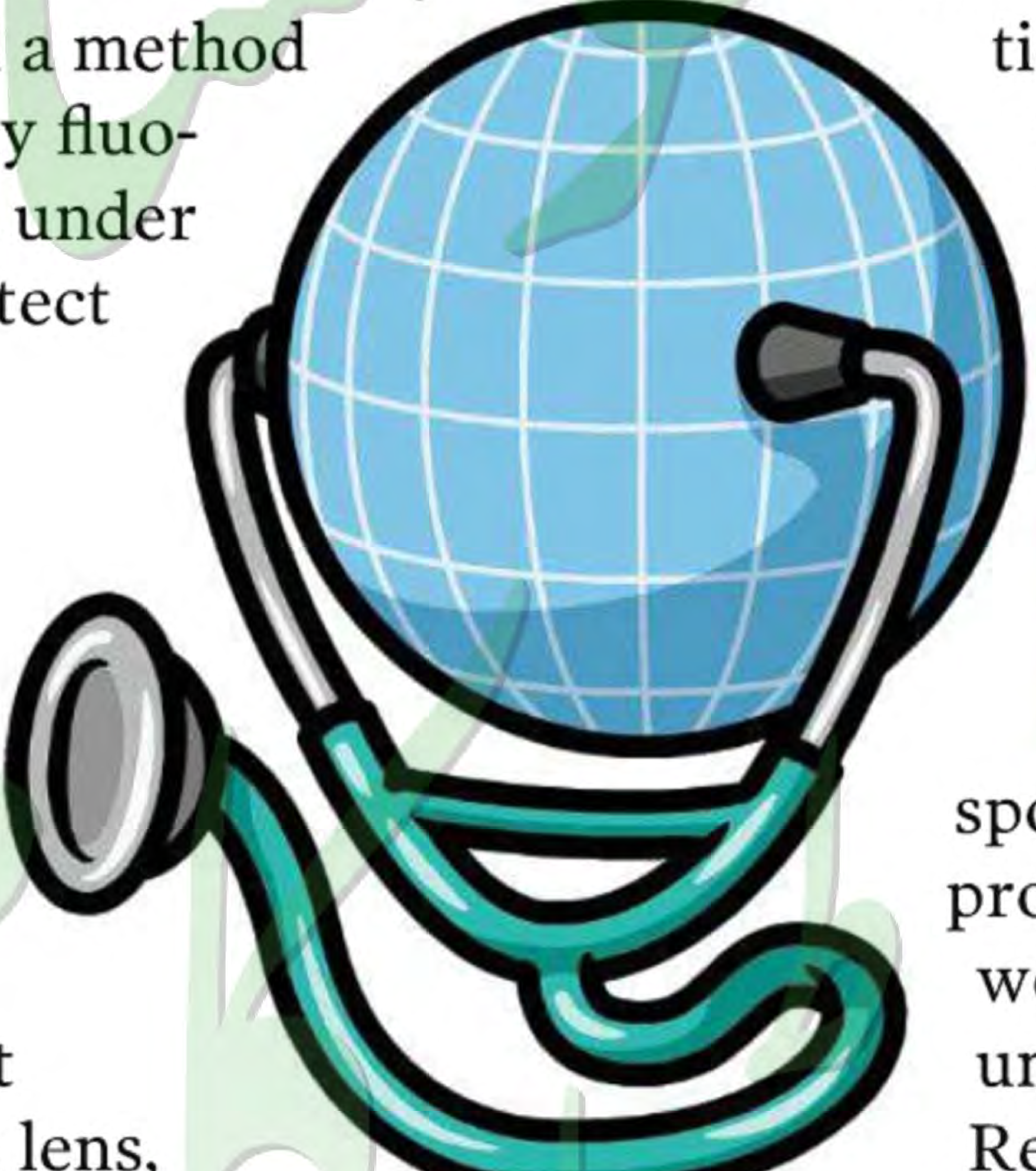
News from the World of Medicine

UNITED STATES

A Blood Sugar Tattoo

Diabetics, put away the bandages: A new technique for checking blood sugar could make finger pricks a thing of the past. Chemists from Northeastern University have developed a method for injecting tiny fluorescent sensors under the skin that detect glucose in the blood. Take a picture of the freckle-size temporary tattoo with a special attachment that fits over your smart phone's camera lens, and a computer program then analyzes the photo and reports your blood sugar number. The tattoo method is still undergoing tests; it could be available in three years.

Source: Heather A. Clark, PhD, Northeastern University



UNITED KINGDOM

Smart Pills

By the end of the year, a British pharmacy will begin embedding tiny sensors into some drug tablets to help doctors keep tabs on patients' medication habits. The "smart pills," developed by U.S. company Proteus Biomedical, send the name of the drug and the time you took it to a patch worn on the body that relays that data, along with information like pulse and sleep patterns, to a smart phone.

Source: Proteus Biomedical

DENMARK

Sponges for Soldiers

A specially coated flexible sponge could solve a deadly problem for soldiers wounded on the battlefield: uncontrolled bleeding. Researchers at MIT sprayed a type of sponge commonly used in hospitals with a combination of chemicals and clotting proteins naturally found in blood. In tests conducted by Ferrosan Medical Devices in Denmark, the small sponges completely stopped bleeding in animals within 60 seconds. Researchers hope to have the devices approved for use within a few years.

Source: Paula T. Hammond, PhD, MIT

Reporting by *Regina Nuzzo*

ILLUSTRATED BY CHRISTOPH NIEMANN

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Q. I'm not a teenager. So why is my skin acting like one?

I'm 36 – way too old for acne. But with no warning, my skin will break out in nasty red bumps. What is this???????

– Laurel F., New York, NY

A. You could be one of the 16 million people who suffer from rosacea.

Those bumps and blemishes that sometimes resemble acne could be rosacea – a chronic inflammatory skin condition that **can get worse over time.** That's the bad news. The good news is that it's treatable. Ask your doctor about prescription **Oracea**® (OR-RAY-SHA) (doxycycline, USP), the one and only pill approved for the treatment of rosacea's bumps and blemishes.

Oracea works from within.
Oracea is a simple once-a-day pill that works inside the body to target inflammation and treat the red bumps and blemishes of rosacea in adults. Unlike some treatments, Oracea has not been shown to cause bacterial resistance. That's because Oracea does not act like an antibiotic.

Most important, Oracea works. Some patients see results in as early as 3 weeks.

To learn more, talk to your doctor or go to **oracea.com.**
See if Oracea can help you finally get your skin off your mind.

Important Safety Information
Oracea is generally well tolerated; however, side effects like mild or moderate GI upset, sore throat and headache have been reported. You should not take Oracea if you are pregnant or nursing, have kidney disease, take blood thinners, or are allergic to tetracyclines.

For more product information including other side effects, please see the brief summary of Prescribing Information on the next page.

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BRIEF SUMMARY

This summary contains important information about ORACEA (Or-RAY-sha). It is not meant to take the place of your doctor's instructions. Read this information carefully before you start taking ORACEA. Ask your doctor or pharmacist if you do not understand any of this information or if you want to know more about ORACEA. For full Prescribing Information and Patient Information please see the package insert.

WHAT IS ORACEA?

ORACEA is a prescription medicine to treat only the pimples or bumps on the face caused by a condition called rosacea. ORACEA is not an antibiotic dose of doxycycline and should not be used for the treatment of infections. ORACEA did not lessen the facial redness caused by rosacea. ORACEA has not been studied for the treatment of rosacea of the eyes or of small blood vessels in the skin. It is not known if ORACEA is effective for use for longer than 16 weeks and it is not known if ORACEA is safe for use longer than 9 months.

WHO IS ORACEA FOR?

ORACEA is for use in adults.

ORACEA should not be given to infants and children 8 years or younger because it may cause staining during tooth development that will not go away.

Also, do not take ORACEA if you are allergic to any medicine known as a tetracycline, including doxycycline and minocycline. If you are not sure, talk to your doctor or pharmacist.

WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING ORACEA?

Tell your doctor about all your health conditions, especially if you:

- have had an allergic reaction to doxycycline or other medicines known as tetracyclines.
- are pregnant or planning to become pregnant. ORACEA may harm your unborn baby.
- are breastfeeding. ORACEA passes into breast milk and may harm your baby.
- have kidney problems.
- have liver problems.
- have had surgery on your stomach.
- have or had a yeast or fungus infection in your mouth or vagina.
- spend time in sunlight or artificial sunlight, such as a tanning booth or sunlamp. Although sensitivity to sunlight has not been observed in controlled clinical studies of ORACEA, tetracycline-class products can cause you to get severe sunburns.

Tell your doctor about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

ORACEA and other medicines can affect each other, causing serious side effects. Especially tell your doctor if you take:

- blood thinners (anticoagulants), such as warfarin or Coumadin®. Your doctor may need to change your anticoagulant dose.
- any medicine to treat pimples (acne) or psoriasis.
- birth control pills. Talk to your doctor about other methods of birth control because birth control pills may not work as well when you are taking ORACEA.
- proton pump inhibitors or antacid medicines containing calcium, magnesium or aluminum.
- products containing iron or bismuth subsalicylate.
- any medicine to treat an infection, such as penicillin.
- any medicine to treat seizures.

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WHAT SHOULD I AVOID WHILE TAKING ORACEA?

- Although sensitivity to sunlight has not been observed in controlled clinical studies of ORACEA, you should not spend time in sunlight or artificial sunlight, such as a tanning booth or sunlamp. You could get a severe sunburn. Use sunscreen and wear clothes that cover your skin if you have to be in sunlight.
- You should not take ORACEA if you are pregnant or breastfeeding or are a man or a woman trying to have a baby.

WHAT ARE THE MOST COMMON SIDE EFFECTS OF ORACEA?

ORACEA may cause serious side effects. Stop taking ORACEA and talk to your doctor right away if you:
- have any skin rash, redness, or unusual or severe sunburn.
- have an allergic reaction, which may cause a skin rash, swelling, difficulty swallowing, or a feeling of tightness in your throat.
- become pregnant.
- have stomach cramps, high fever, and bloody diarrhea.
- have fever, rash, joint pain, and feel tired. These may be symptoms of a problem where your body is attacking itself (autoimmune syndrome).

ORACEA may also cause:
- darkening of your skin, scars, teeth, or gums.
- severe headaches, dizziness, or double vision from high pressure in the fluid around the brain.

Other common side effects of ORACEA are soreness in the nose and throat, diarrhea, sinus infection, high blood pressure, and increase in aspartate aminotransferase in the blood.

These are not all of the possible side effects of ORACEA. For more information, ask your doctor or pharmacist.

You are encouraged to report negative side effects of prescription drugs to the FDA at *www.fda.gov/medwatch* or call 1-800-FDA-1088. You may also contact GALDERMA LABORATORIES, L.P. AT 1-866-735-4137.

HOW SHOULD I TAKE ORACEA?

- Take ORACEA exactly as prescribed by your doctor. Do not change your dose unless told to do so by your doctor. Taking more than the prescribed dose may increase your chance of having side effects.
- The usual dose of ORACEA is one capsule in the morning on an empty stomach. You should take ORACEA at least one hour before or two hours after a meal.
- Take ORACEA with a full glass of water while sitting or standing. To prevent irritation to your throat, do not lay down right after taking ORACEA.
- Do not take ORACEA with or right after taking antacids or products that contain calcium, aluminum, magnesium, or iron. ORACEA may not work as well.
- If you take too much ORACEA, or overdose, stop taking ORACEA and talk to your doctor.
- If you miss a dose of ORACEA, skip that dose and take the next dose at your regular time.
- Do not take ORACEA to treat infections caused by bacteria, germs or viruses.
- Your doctor may do blood tests from time to time to check for side effects of ORACEA.

WHERE SHOULD I GO FOR MORE INFORMATION ABOUT ORACEA?

- Talk to your doctor or pharmacist.
- Go to www.oracea.com or call 1-866-735-4137.

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EAT TO RELEASE FAT!

Hunger-Fighting Snack Swaps

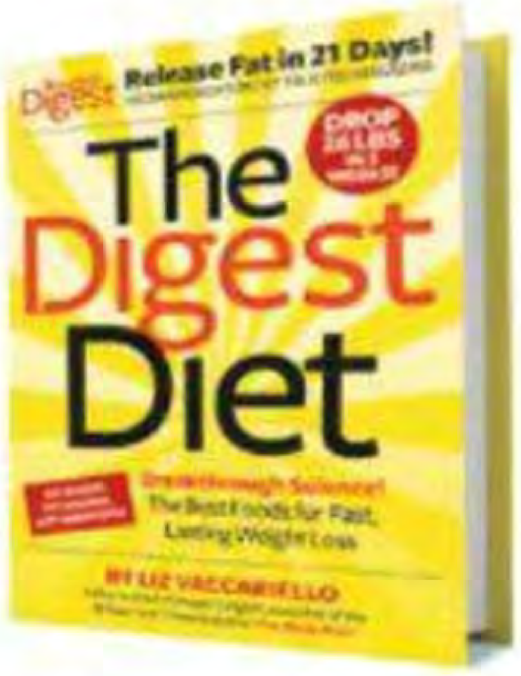
Is your snack habit making you fat? The secret to snacking for weight loss, according to the reams of science behind our new *Digest Diet* plan: Pick filling munchies packed with fat releasing nutrients that help your body lose weight quickly. Swap your go-to fixes with these healthier bites. L. G.

INSTEAD OF	TRY	FAT RELEASERS
Cheesy Crackers	✔ **Ricotta Boats:** Cut a bell pepper into quarters, top each with 2 tablespoons of fat-free ricotta cheese and some black pepper	Vitamin C, calcium, spices
An Energy Bar	✔ **PB & Crackers:** Two teaspoons of natural peanut butter and 2 whole-grain crackers; serve with ½ cup of fat-free milk	Fiber, resveratrol, healthy fats, protein
Beef Jerky	✔ **Cheesy Roll-Up:** One reduced-fat mozzarella stick rolled up in 2 large, crunchy romaine lettuce leaves	Fiber, calcium, vitamin C
Trail Mix/ Potato Chips	✔ **Mixed Munchies:** One mini cheese, 10 baby carrots, 8 almonds	Calcium, protein, fiber, healthy fats, vitamin C

THE DIGEST DIET **SUCCESS STORY**

"MY CARDIOLOGIST WAS ECSTATIC!"

Stan Gniazdowski, 65, lost more than 20 pounds on *The Digest Diet,* but the best news came a couple of months later at a checkup. He learned that his total cholesterol had dropped 60 points (to 150 from 210) and his triglycerides had plummeted from 632 to 153! He says if his numbers keep moving in the right direction, his doctor may reduce his blood pressure and cholesterol medications.



For more tips on fat releasing foods and to buy *The Digest Diet*, go to digestdiet.com.

FROM TOP: DORLING KINDERSLEY/GETTY IMAGES; MARTIN JACOBS/GETTY IMAGES; DAVID SELMAN/CORBIS; VIDEO STILL BY NICOLAS MONTALVO

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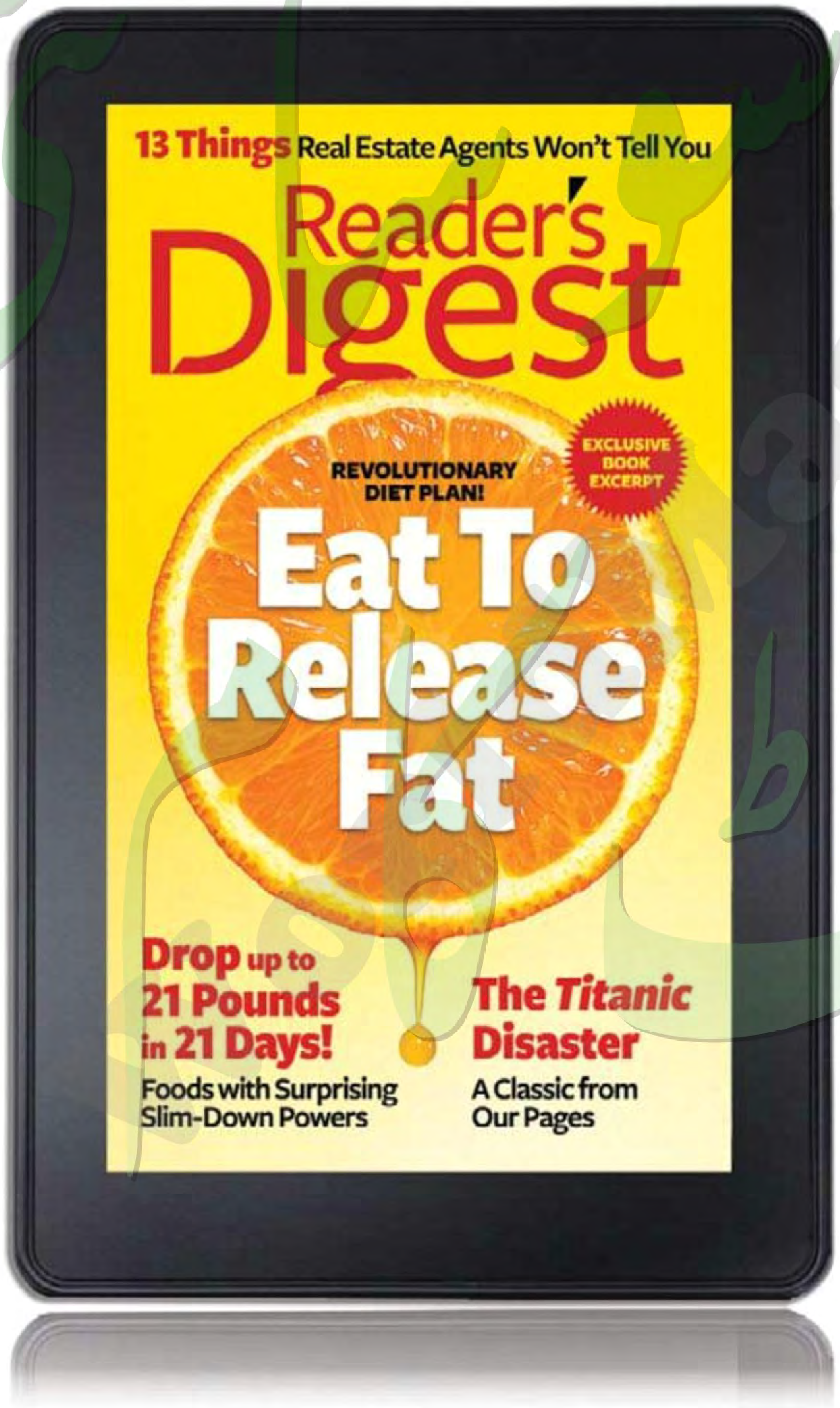

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WEIRD SCIENCE

Why Yawns Are Contagious

Ever wonder why your kid's sleepy "ahhhh" makes you release a yawn of your own? After Italian researchers studied more than 100 adults (and 480 bouts of yawns!), they found that people imitate yawns of family and friends faster than those of people they don't know, indicating that "yawn contagion" could be a way of showing empathy, according to the study authors. *L.G.*

PHRASE OF THE MONTH

"Decision Fatigue"

The notion that the mental work of making decisions over and over again can warp your judgment and lead to poor choices. In one example, an Israeli study found that judges granted more parole requests early in the day than they did after making a series of rulings. According to the *New York Times*, "the more choices you make throughout the day, the harder each one becomes for your brain." *L. G.*

JONATHAN KIRN/GETTY IMAGES

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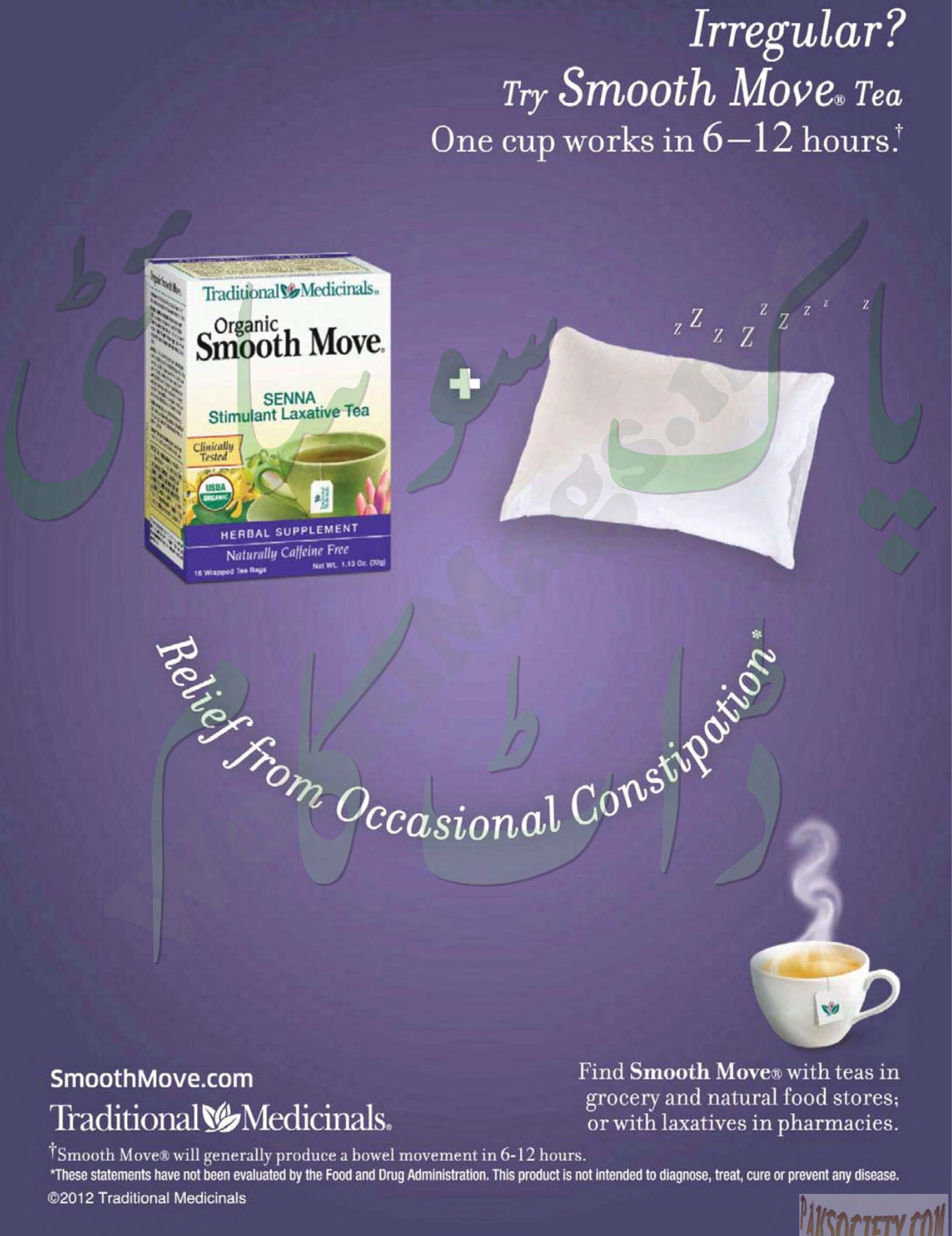

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MUST-READ

5 Surprising Habits That Are Making You Sick

Many of our daily habits could be sabotaging longevity, according to oncologist David B. Agus, MD, in his thought-provoking book *The End of Illness* (Free Press). He shares some of the worst culprits—some controversial, some commonsense:

For the freshest produce, ask which fruits and veggies came in today.

1 YOUR FLU SHOT FEAR Each time you encounter the intense inflammation that can accompany the flu, you release chemicals that damage blood vessels and may raise the risk of inflammatory-rooted diseases like heart disease later in life.

2 YOUR UNPREDICTABLE SCHEDULE One of our biggest stressors is not finances or marriage but the lack of a regular routine. Even simply eating lunch an hour later than usual can spike levels of the stress hormone cortisol and disrupt your body's ideal state. Try to eat, sleep, and exercise at the same time every day, 365 days a year.

3 YOUR FRUIT AND VEGGIE SELECTIONS By the time produce travels from its source to store shelves, it has lost many of its disease-fighting compounds. Buy fresh veggies locally or when in season. If not, stick to frozen, which is prepared at peak ripeness to lock in nutrients.

4 YOUR GYM WORKOUT Even if you exercise vigorously, spending the rest of your day sitting could affect cholesterol, blood sugar, and blood pressure. Find little ways to get moving all day long.

5 YOUR HEELS You know that stilettos aren't comfy, but the pain they cause is also a sign of inflammation linked to chronic disease. While Dr. Agus doesn't say that heels trigger heart attacks, he does believe that sticking to comfortable shoes can protect your body from inflammation's long-term damage. *L. G.*

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HEALTH ALERT

3 THINGS THAT MAKE ASTHMA WORSE

1) Acetaminophen This painkiller reduces glutathione, a substance that helps ease inflammation in the lungs. Ask your doctor if aspirin or ibuprofen is a good alternative, says Paul V. Williams, MD, of Northwest Asthma & Allergy Center in Washington.

2) Statins A recent small study found that asthma patients who used cholesterol-lowering meds had more breathing problems than those who didn't. But other data suggest statins could improve symptoms. Talk to your doctor if you think your asthma has gotten worse since starting statins.

3) Beer and Wine They contain sulfites, compounds that have been linked with wheezing and other breathing issues in some people. Instead, consider liquor, which doesn't have sulfites. *Beth Dreher*

GO FIGURE

79%

The percentage of medical school students who didn't know if they should or should not wash their hands in various care scenarios

Source: An *American Journal of Infection Control* study of German students

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At 48, Grace gave birth to twins John David and Lucy.

Learning to Move On

Controversial TV host Nancy Grace on the crime that changed her life

INTERVIEWED BY RAMIN SETOODEH

FROM *Newsweek*

I think I have made two major mistakes in my life.

First, after my fiancé Keith's murder—it's so painful for me to revisit that—I did not go back to testify for the parole board, and the killer was released. When I found out, I was overcome with so many feelings of injustice and angst. I was a witness at the trial. I always

ILLUSTRATED BY JESSE LENZ

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wondered: If I had made a personal appeal, would the killer still be behind bars today?

Keith and I met when I was a freshman in college. We fell in love and planned to get married. It was before I turned 20 when it happened. Keith was working a summer job, and he left the construction site to get everybody soft drinks. A guy who had been fired from his job started shooting. He had only a cursory knowledge of Keith.

One thing I've learned is that there is happiness in the world. You just have to let it come to you.

The second mistake was that it took me almost 30 years after Keith's death to allow myself to be happy again and to get married. It was a miracle that I was able to get pregnant and give birth to twins.

I think divine intervention changed my life and set me on a different course. After Keith died, I had to learn to control my thoughts. It was extremely depressing. In 2006, I wish I had been strong enough to relive the whole thing and go to the parole board. Even years later, I really had a hard time entertaining the thought of allowing myself to have a family.

One night I had a dream about Keith. I met him in a train station. He was waiting for me, and I sat down next to him. In the dream, he said he was in heaven, and he wanted me to go on. I got up and looked back at him, and he gestured for me to go. That next morning, I called my boyfriend, David, and said, "You've got to move to New York! We've got to make it or break it." We got married, and I had twins, and that was that.

I will always believe that somewhere in this universe, Keith still exists. I don't believe love goes away just because you're buried in a casket. And one thing I've learned to pass on to crime victims is that there is happiness in the world. And it will come to you. You just have to let it. ■

TWINS: ALBERT MICHAEL/STARTRAKSPHOTO.COM; GRACE: FRAZER HARRISON/GETTY IMAGES

Reader's Digest RECOMMENDS

SEND YOURSELF AN E-MAIL

I just sent myself an e-mail. It wasn't a reminder to pick up dinner on the way home or a to-do list for this weekend. It was a few words of advice on the occasion of my 40th birthday. In 2018. When I hit Send, my missive joined more than 1.7 million others sent into the future, courtesy of **futureme.org.** Your e-mail, containing a reminder of life goals, an excerpt of your favorite of-the-moment book, words of wisdom, or simply "you made it!" can be delivered tomorrow, 50 years from now, or on any day of your choice in between. I just hope my note doesn't end up in my spam folder. I have a feeling I'll need it. *Beth Dreher*

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TWO SIDES

Pet Professors

How dogs and cats teach us about family bonding

- **Dogs offer a path to communication.** Walking the dog and talking is easier than serving up relationship issues at dinner.
- **Dogs are sensitive.** One of our rescue dogs would go under the bed and shake if someone raised his or her voice. It made us aware of how our emotions and words affect the lives around us.
- **Dogs are icebreakers.** If you're new in the neighborhood, your pooch will be your family's friend magnet.

Julie Klam, author of *Love at First Bark* and owner of four adopted dogs

- **Cats are diffident.** When one takes to you, it's a watershed moment that the whole family can celebrate.
- **Cats have a certain je ne sais quoi.** Their panache and grace teach a subtle art of living to children who may behave more like bull elephants.
- **Cats offer lumbar support.** They can sleep in the small of your back without damaging your vertebrae.

Barbara O'Dair, *Reader's Digest* executive editor and owner of three shelter cats

NOTABLE QUOTE

> "The most remarkable thing about my mother is that for 30 years, she served the family nothing but leftovers. The original meal has never been found."
>
> CALVIN TRILLIN

ILLUSTRATED BY RYAN SNOOK

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John Steinbeck won the Nobel Prize for Literature in 1962.

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EXCERPT

Love Wisdom

There are several kinds of love. One is a selfish, mean, grasping, egotistical thing which uses love for self-importance. This is the ugly and crippling kind. The other is an outpouring of everything good in you—of kindness and consideration and respect—not only the social respect of manners but the greater respect which is recognition of another person as unique and valuable. The first kind can make you sick and small and weak but the second can release in you strength, and courage and goodness and even wisdom you didn't know you had.

Steinbeck: A Life in Letters,
edited by Elaine Steinbeck and Robert Wallsten (Penguin)

GO FIGURE

59%

of men and 66% of women say they have ended a budding relationship because of a bad kiss.

Source: greatist .com

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Important Safety Information About CIMZIA® (certolizumab pegol)

What is the most important information I should know about CIMZIA?

CIMZIA is a prescription medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before starting CIMZIA. Your doctor should monitor you closely for signs and symptoms of TB during your treatment with CIMZIA.

Certain Types of Cancer

There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents. CIMZIA is not approved for use in pediatric patients. For people taking TNF-blocker medicines, including CIMZIA, the chances for getting lymphoma or other cancers may increase. People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

Before starting CIMZIA, tell your doctor if you

- Think you have an infection. You should not start taking CIMZIA if you have any kind of infection, are being treated for an infection or have signs of an infection such as fever, cough or flu-like symptoms or if you get a lot of infections or have infections that keep coming back.
- Have any open cuts or sores
- Have diabetes or HIV
- Have TB, or have been in close contact with someone with TB
- Were born in, lived in, or traveled to countries where there is more risk of getting TB. Ask your doctor if you are not sure.
- Live or lived in certain parts of country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may develop or become severe if you take CIMZIA. If you do not know if you have lived in these types of areas, ask your doctor.
- Have or have had hepatitis B
- Have or have had any type of cancer
- Have congestive heart failure
- Have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to receive a vaccine. Do not receive a live vaccine while taking CIMZIA
- Are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.
- Especially tell your doctor if you take: Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab), or another TNF blocker. You have a higher chance for serious infections when taking CIMZIA with these medicines. You should not take CIMZIA while you take one of these medicines.

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse. Patients 65 years of age or older, patients with other long term medical conditions, or taking certain other drugs that affect the immune system, such as corticosteroids or methotrexate, may be at a greater risk of infection.

What are the possible side effects of CIMZIA? CIMZIA can cause serious side effects including:

Heart Failure including new heart failure or worsening of heart failure you already have; **Nervous System Problems** such as Multiple Sclerosis, seizures, or inflammation of the nerves of the eyes; **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swollen face, or trouble breathing; **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases, patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood; **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding; **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects of CIMZIA are: upper respiratory infections (flu, cold), rash, and urinary tract infections (bladder infections).

Other side effects have happened in some people including new psoriasis or worsening of psoriasis you already have and injection site reactions.

You are encouraged to report negative side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Please see Brief Summary on following pages.

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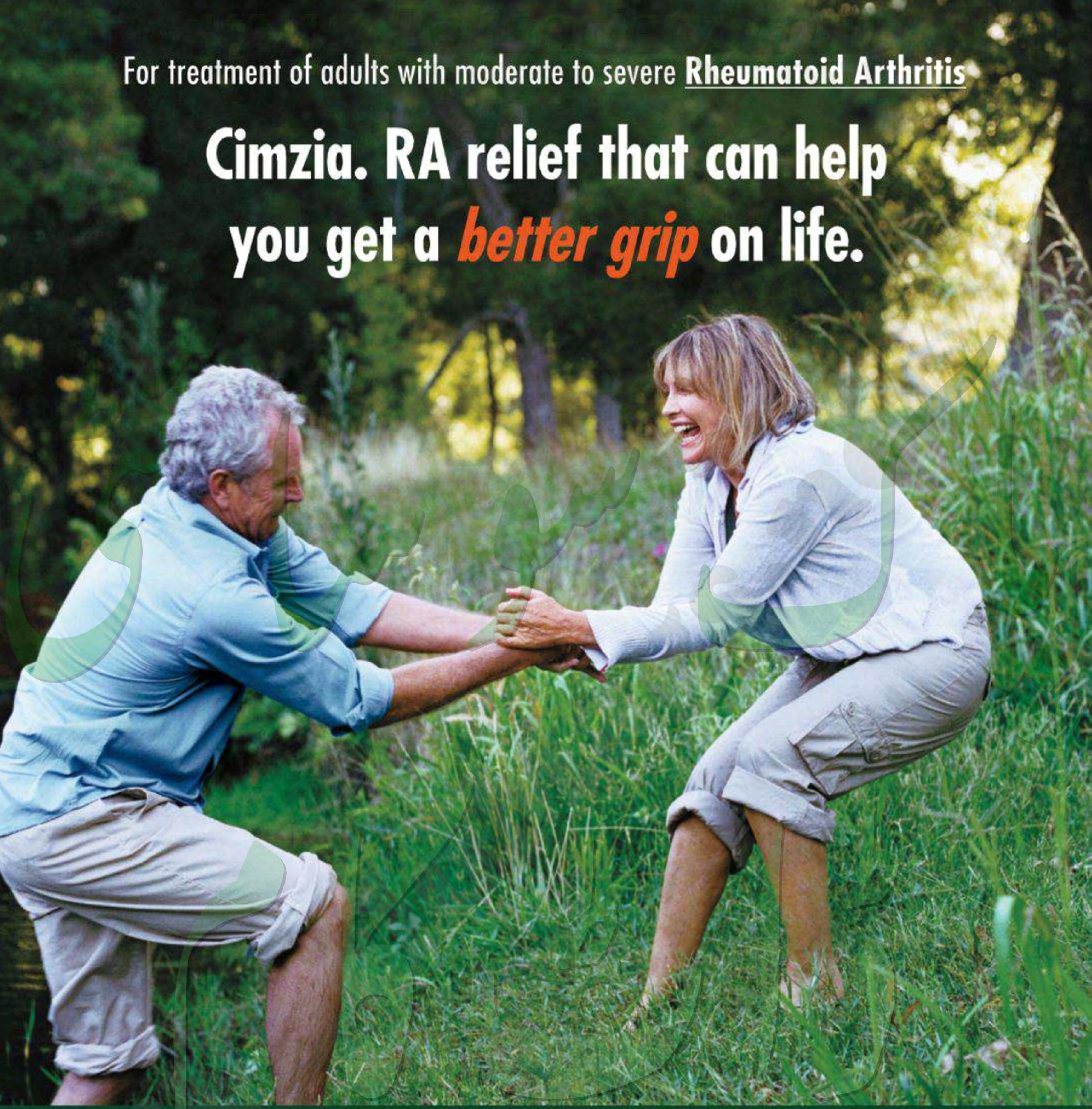

Fast, Lasting Cimzia has been clinically proven vs. placebo to reduce RA pain, stiffness and fatigue in as little as 1-2 weeks for some. The majority experienced noticeable improvement in RA signs and symptoms within 6 months which lasted through 1 year. Your results may vary.

- CIMZIA is proven to help prevent further joint damage.
- CIMZIA can be injected every 2 or 4 weeks after initial dosing, based on what you and your doctor decide.

Ask your Rheumatologist about the benefits and risks of CIMZIA.

Please read Important Safety Information on the adjacent page.

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Serious infections have happened in patients taking CIMZIA, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria.

*Subject to eligibility. Restrictions may apply.

Please see adjacent Brief Summary.

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Visit cimzia.com/RA

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Consumer Brief Summary for Cimzia® (certolizumab pegol)

CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION

Read the Medication Guide that comes with CIMZIA before you start using it, and before each injection of CIMZIA. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about CIMZIA?

CIMZIA is a medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.

- Your doctor should test you for TB before starting CIMZIA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with CIMZIA.

Before starting CIMZIA, tell your doctor if you:

- think you have an infection. You should not start taking CIMZIA if you have any kind of infection.
- are being treated for an infection
- have signs of an infection, such as a fever, cough, flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have HIV
- have tuberculosis (TB), or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may develop or become more severe if you take CIMZIA. If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), or Tysabri® (natalizumab)

After starting CIMZIA, if you get an infection, any sign of an infection, including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse. Patients 65 years of age or older, patients with other long term medical conditions, or taking certain other drugs that affect the immune system, such as corticosteroids or methotrexate, may be at a greater risk of infection.

Certain types of cancer

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For people taking TNF-blocker medicines, including CIMZIA, the chances of getting lymphoma or other cancers may increase.
- People with RA, especially more serious RA, may have a higher chance of getting a kind of cancer called lymphoma.

See the section "What are the possible side effects of CIMZIA?" for more information.

What is CIMZIA?

CIMZIA is a medicine called a Tumor Necrosis Factor (TNF) blocker. CIMZIA is used in adult patients to:

- Lessen the signs and symptoms of moderately to severely active Crohn's disease (CD) in adults who have not been helped enough by usual treatments.
- Treat moderately to severely active rheumatoid arthritis (RA).

It is not known whether CIMZIA is safe and effective in children.

What should I tell my doctor before starting treatment with CIMZIA?

CIMZIA may not be right for you. Before starting CIMZIA, tell your doctor about all of your medical conditions, including if you:

- **have an infection**. (See, "What is the most important information I should know about CIMZIA?")
- **have or have had any type of cancer**
- **have congestive heart failure**
- **have seizures, any numbness or tingling, or a**

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disease that affects your nervous system such as multiple sclerosis

- **are scheduled to receive a vaccine**. Do not receive a live vaccine while taking CIMZIA.
- **are allergic to any of the ingredients in CIMZIA**. See the end of this Brief Summary for a list of the ingredients in CIMZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.

Tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Your doctor will tell you if it is okay to take your other medicines while taking CIMZIA. Especially, tell your doctor if you take:

- Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab),Tysabri® (natalizumab). You have a high chance for serious infections when taking CIMZIA with Kineret®, Orencia®, Rituxan®, or Tysabri®.
- A TNF blocker: Remicade® (infliximab), Humira® (adalimumab), Enbrel® (etanercept), Simponi® (golimumab).

You should not take CIMZIA, while you take one of these medicines.

How should I use CIMZIA?

CIMZIA is available as a lyophilized powder for reconstitution or a prefilled syringe. If your doctor prescribes the lyophilized pack, CIMZIA should be injected by a healthcare provider. If your doctor prescribes the prefilled syringe, see the booklet called "Patient Instructions for Use" packaged in your CIMZIA prefilled syringe kit for complete instructions for use. Do not give yourself an injection of CIMZIA unless you have been shown by your doctor or nurse, or they can train someone you know to help you with your injection. CIMZIA is given by an injection under the skin. Your doctor will tell you how much CIMZIA to inject and how often, based on your condition to be treated. Make sure to keep all of your injection and follow-up appointments with your doctor.

What are the possible side effects of CIMZIA?

CIMZIA can cause serious side effects including: See **"What is the most important information I should know about CIMZIA?"**

- **Heart Failure** including new heart failure or worsening of heart failure you already have. Symptoms include shortness of breath, swelling of your ankles or feet, or sudden weight gain.
- **Nervous System Problems** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Symptoms include dizziness, numbness or tingling problems with your vision, and weakness in your arms or legs.
- **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swelling of the face, tongue, lips, or throat, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases patients have died as a result of hepatitis B virus being reactivated.

  Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:

  - feel unwell
  - tiredness (fatigue)
  - poor appetite
  - fever, skin rash, or joint pain
- **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include a fever that doesn't go away, bruising or bleeding very easily, or looking very pale.
- **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects in people taking CIMZIA are:

- upper respiratory infections (flu, cold)
- rash
- urinary tract infections (bladder infections)

Other side effects with CIMZIA include:

- **Psoriasis**. Some people using CIMZIA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with CIMZIA.
- **Injection site reactions**. Redness, rash, swelling, itching or bruising can happen in some people. These symptoms will usually go away within a few days. If you have pain, redness, or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.

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Tell your doctor about any side effect that bothers you or does not go away.

These are not all of the side effects with CIMZIA. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about CIMZIA

Medicines are sometimes prescribed for purposes that are not mentioned in Medication Guides. Do not use CIMZIA for a condition for which it was not prescribed. Do not give CIMZIA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about CIMZIA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CIMZIA that is written for health professionals.

For more information go to www.CIMZIA.com or call 1-866-4CIMZIA (424-6942).

Always keep CIMZIA, injection supplies, puncture-proof container, and all other medicines out of the reach of children.

What are the ingredients in CIMZIA?

CIMZIA lyophilized powder: Active ingredient: certolizumab pegol. Inactive ingredients: sucrose, lactic acid, polysorbate. The pack contains water for injection, for reconstitution of the lyophilized powder.

CIMZIA prefilled syringe: Active ingredient: certolizumab pegol. Inactive ingredients: sodium acetate, sodium chloride, and water for injection.

CIMZIA has no preservatives.

Product developed and manufactured for:
UCB, Inc., 1950 Lake Park Drive, Smyrna, GA 30080

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Thanks to BetterWOMAN, I'm winning the battle for Bladder Control

Frequent nighttime trips to the bathroom, embarrassing leaks and the inconvenience of constantly searching for rest rooms in public – for years, I struggled with bladder control problems. After trying expensive medications with horrible side effects, ineffective exercises and undignified pads and diapers, I was ready to resign myself to a life of bladder leaks, isolation and depression. But then I tried **BetterWOMAN.**

When I first saw the ad for BetterWOMAN, I was skeptical. So many products claim they can set you free from leaks, frequency and worry, only to deliver disappointment. When I finally tried BetterWOMAN, I found that it actually works! It changed my life. Even my friends have noticed that I'm a new person. And because it's all natural, I can enjoy the results without the worry of dangerous side effects. Thanks to BetterWOMAN, I finally fought bladder control problems and I won!

ALL NATURAL

Clinically-Tested Herbal Supplement

Reduces Bladder Leaks • Reduces Urinary Frequency • Safe and Effective – No Known Side Effects • Costs Less than Traditional Bladder Control Options • Sleep Better All Night • **Live Free of Worry, Embarrassment, and Inconvenience**

You don't have to let bladder control problems control you. **Call now!**

Also Available: **BetterMAN®**
Promotes prostate health and enhances urinary control.

Call Now & Ask How To Get A
FREE BONUS BOTTLE
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CALL **1-888-814-5558**
www.BetterWOMANnow.com

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It takes discipline to resist the bargain that isn't really a bargain.

ADVICE

7 Money Savers You Should Avoid

It's easy to fall into the trap of saving only to have it bite you weeks, months, or years later. Beware these common missteps. BY PAUL MICHAEL • FROM **wisebread.com**

ILLUSTRATED BY SERGE BLOCH

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1 GETTING SUCKERED INTO BUY-ONE-GET-ONE DEALS

BOGO, when it's genuine, is hard to resist. But even then, whether it's BOGO free or BOGO half price, you have to stop and ask yourself, Would I really have bought this much of this item at this price anyway? If you're shopping for jam and see BOGO free on jam, that's probably a great time to stock up. But if you're looking for a new pair of sneakers and see BOGO half off, stop and think. You went out looking to spend $60 on sneakers. Now you're spending about $100 after taxes. Did you even want two pairs? Will you wear them both? Do you even like the second pair?

2 BUILDING AN EMERGENCY FUND BUT NOT CONTRIBUTING TO A RETIREMENT PLAN

It's essential these days to have an emergency fund. Financial experts say you need six months' to one year's worth of expenses. But experts also agree that you need to look after your financial future. If you're squirreling money away into an emergency fund or savings account but not putting money into a 401(k), IRA, or other long-term plan, you're not preparing for something you know is coming: old age. And with compound interest being what it is, every day you put it off is dollars wasted. If your employer has a 401(k) match, that's additional money you are throwing away.

3 ALWAYS CHOOSING THE CHEAPEST PRICE TAG

I've said it before, I'll say it again—buy cheap, buy twice. If you buy a screwdriver set for $1 at a dollar store, or get your shoes for a few bucks at a flea market stall, chances are you'll be buying them again real soon. Cheaply made, poor-quality items may save you a few bucks in the short term, but you'll only have to pay more later to replace them. And if you replace them with more cheap junk, you'll be repeating the cycle. The only time this is not true is when you're buying generic brands in the grocery stores—you're often getting the same product that's in the brand-name packaging.

4 TAKING STORE CREDIT CARD OFFERS FOR DISCOUNTS BUT PAYING THE MINIMUM

That 30 percent off is a good deal, *if* you actually pay off the balance in full right away. Sadly, many people find it way too easy to pay the much smaller minimum payment. Before long, you're paying the minimum every month and adding more to the store card, and you're suddenly a credit card revolver who is paying hefty interest charges.

5 PUTTING NO MONEY IN THE PARKING METER BECAUSE "I'LL BE BACK QUICK!"

You may be a world-class speedy shopper or errand runner, but everyone's luck runs out sometime. >>

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Chances are you'll eventually get a ticket, which can run you anywhere from $10 to $65, depending on where you live. So go ahead, spend a quarter.

6 BUYING FOOD IN BULK AND THROWING HALF OF IT AWAY

When you see a whole bunch of bananas on sale for less than half the regular price, you grab them. Then you watch them turn black because you bought too many. While buying in bulk is good for lots of things, be careful when buying perishables. It's not a bargain if you throw them away.

7 AVOIDING REGULAR VISITS TO THE DENTIST

It's something I did in college when money was tight. Well, after skipping regular cleanings and checkups for a few years, I needed a bunch of costly fillings. Now I have a dental plan that covers free checkups twice a year, but even if you don't, get to the dentist. It's a lot better to pay for an office visit now than to pay for major work later. ■

HOT TIP

The $5 Savings Plan

When it comes to saving, the simpler, the better. And what could be simpler than stashing every $5 bill that comes your way? It's a surprisingly effective way to put some money aside. A *Boston Globe* writer who stuck with the plan saved $12,000 in three years. That's a lot of Lincolns.

Sources: lifehacker.com, mommysavers.com

PHRASE OF THE MONTH

"Cash Mob"

Like the flash mob that inspired it, the cash mob is a social-media creation that brings people together via Facebook and Twitter at a specific time and place. In this case, the place is a local business, and the people are shoppers with money to spend. It's a fun way to support your favorite neighborhood shops and restaurants.

MARTIN BARRAUD/GETTY IMAGES

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*Based on products purchased October 2011.

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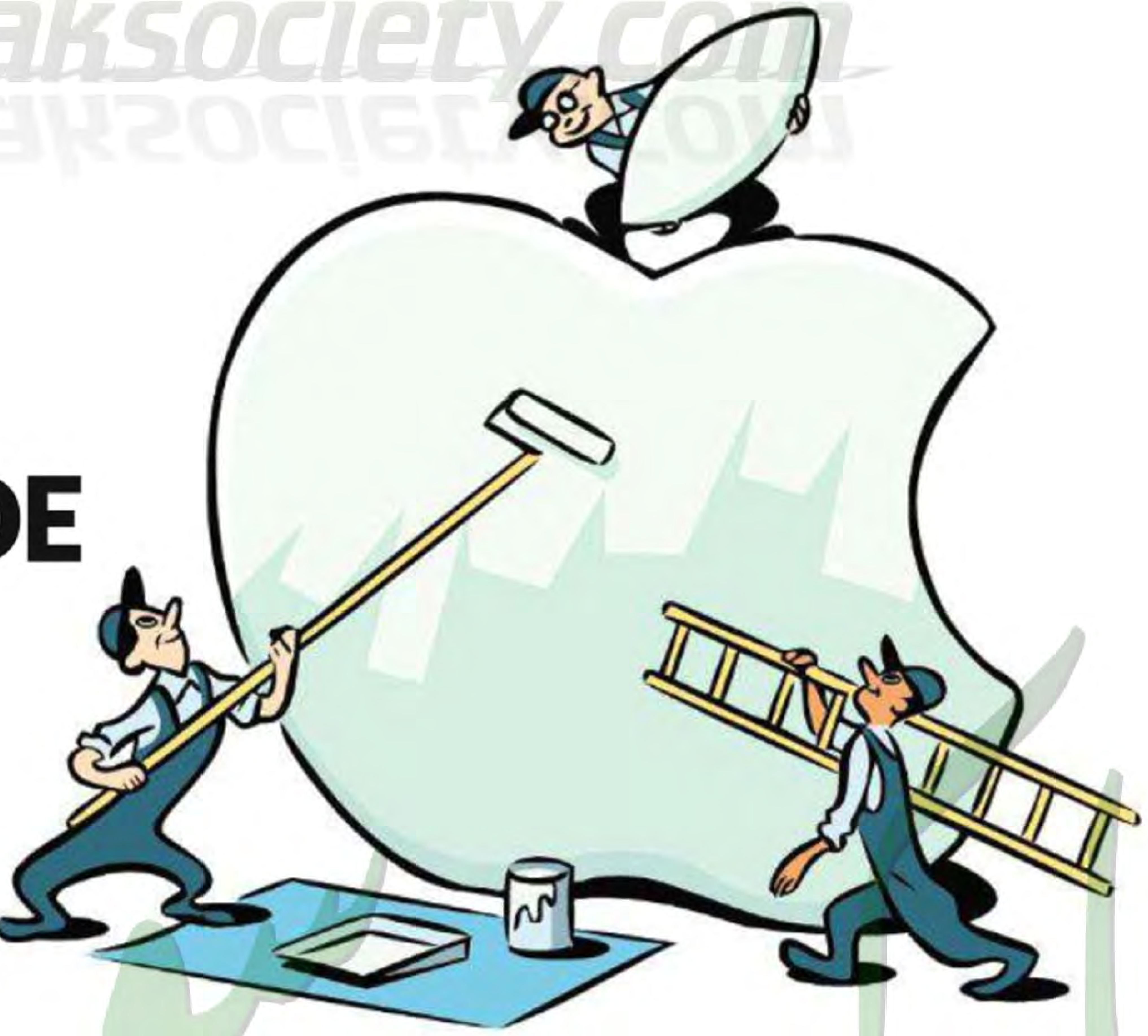

SAVVY SHOPPING

THE SMART BUYER'S GUIDE TO APPLE

It's simple, really: Choose refurbished every time

BY RICK BROIDA

FROM **cnet.com**

When it comes to Apple products, there's no reason to buy new. Apple's certified refurbs—preowned products that have been tested, repaired if necessary, cleaned, and inspected—offer the opportunity to get the company's hardware for less, with peace of mind to boot.

Here's a great example. Head online to the Apple Store's refurbished iPad section, and you'll find the 16GB iPad 2 Wi-Fi for $419, with shipping, for $80 less than what you'd pay for a new one. Likewise, the refurbished 32GB iPad 2 Wi-Fi is $499, a savings of $100. You can also score 3G models from AT&T and Verizon at similar savings.

Now let's talk MacBook Air. The current model starts at $999, but you can save a whopping $150 by opting for its refurbished counterpart. And a model from 2010 is available for as little as $699.

Sounds great, but what's the catch? What do you give up by opting for refurbished Apple gear?

Nothing.

Apple's refurbs come with a new outer shell and a new battery, so you'll get same-as-new appearance and performance. Better still, you'll get the same one-year warranty Apple extends to new hardware. There is literally no downside.

The one small cosmetic difference: refurbs come in nondescript cardboard boxes, not the fancy white ones afforded with new gear. Big whoop, if you ask me.

Offerings and inventory change over time, so you can't always get what you want. But it's the only logical place to start your shopping. ■

GO FIGURE

$2.9 MILLION

Amount that an average American will spend in a lifetime if he or she lives to the age of 81

Source: smartmoney.com

ILLUSTRATED BY MARK MATCHO

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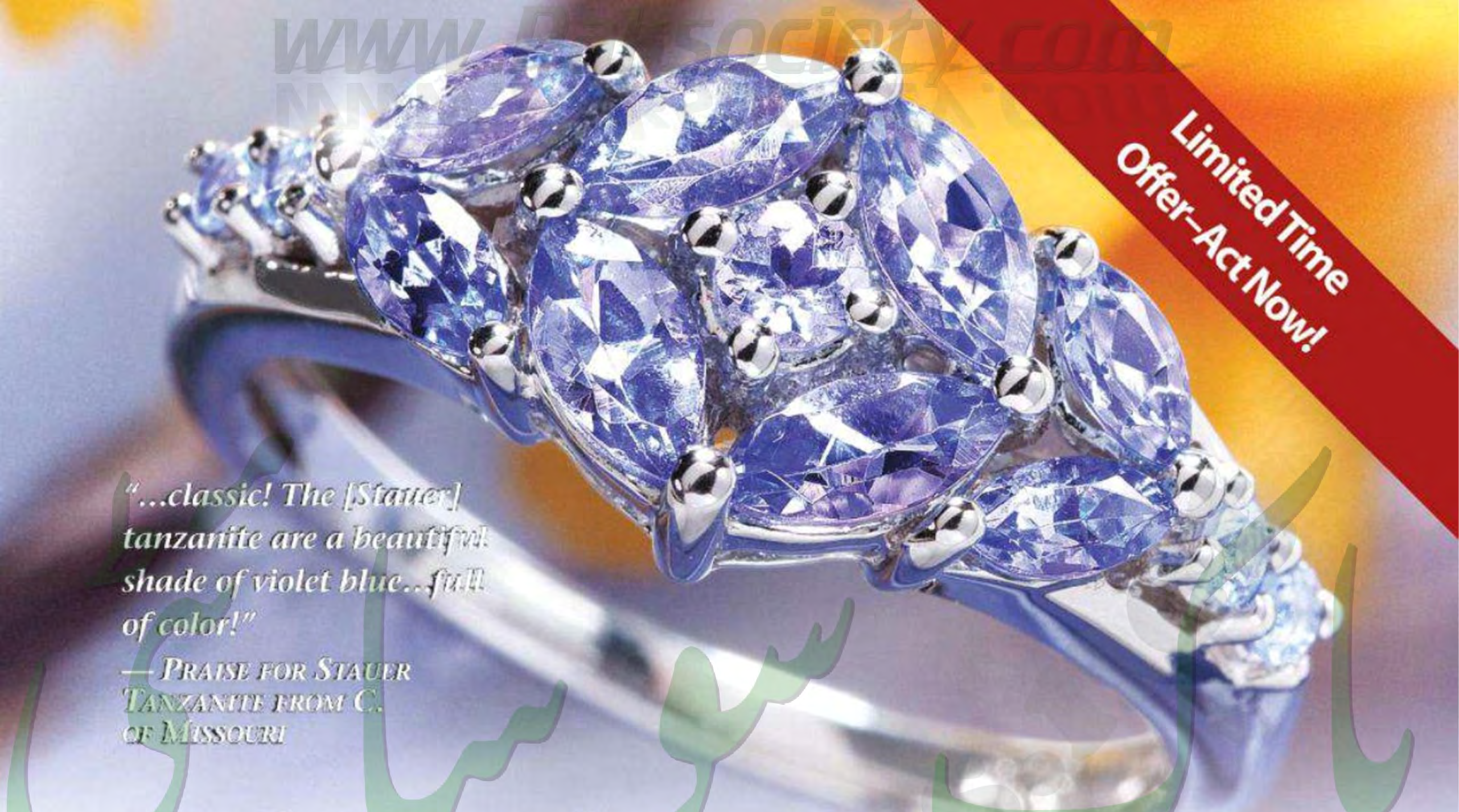

Endangered Gem Disappearing

Tanzanite is found in only one remote spot on Earth, and it's 1,000 times rarer than diamonds. Experts say the mines will soon run dry forever, but today you can own more than 1 carat for ***less than $50!***

Time is running out. Geological experts predict the world's supply of tantalizing tanzanite will disappear in a matter of just a few years. High-end retailers are raising prices on this rare stone. And gem dealers are in a mad scramble to secure their claim before it's too late.

Today you can own over 1 carat of this rare vivid violet-blue color stone (1,000 times rarer than diamonds) in our spectacular ***Tanzanite Cluster Ring*** with a suggested retail of $795 for only $49.50.

Our promise of absolute satisfaction is 100% guaranteed. Our offers are so consumer friendly that we have earned an **A+ Rating** with the Better Business Bureau. But, why less than $50 for a genuine 1 1/5 tanzanite ring? It's simple. We want you to come back to Stauer for all of your jewelry and watch purchases. If you are not 100% delighted with your ring, send it back within 30 days for a full refund of the purchase price. Just remember that the odds of finding this stone at this price ever again is like waiting for lightning to strike the same place twice.

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Reader's Digest and Humana:

A wake-up call for better health.

Dan Lagani
President, Reader's Digest North America

The truth: Most of us are chronically sleep-deprived. That's a core finding of the **Humana Reader's Digest Healthy Habits Survey 2012**, our national poll to bring you the **Secrets of Healthy Americans**.

On the following pages, see how your sleep habits compare to others – and learn how you can **sleep more soundly** – to boost your immune system, fight the risks of diabetes, control weight, and more.

Visit **ReadersDigest.com/habits** for this month's full **Sleep Better** report, plus *Secrets of Healthy Americans*. And look for our next report in the June issue.

Reader's Digest and Humana created our **Healthy Habits Survey** – and our **Humana Reader's Digest Healthy Living plans** – to help you live healthier.

No other Medicare plan offers you **easy-to-understand** coverage from names you can trust, complete with timely health and wellness information from the editors of *Reader's Digest*, **exclusively for our members**.

Join us and get the guidance you need to live a healthier life:
Call Humana at **1-855-391-8659 (TTY: 711)** Monday - Friday, 8 a.m. – 8 p.m., Eastern Time.

To your health,

Dan Lagani
President, Reader's Digest North America

The Humana family has health plans with a Medicare contract. These plans are not available in all areas. Contact Humana for more information.

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How well are Americans sleeping?

Here's a wake-up call to the nation from our **Humana Reader's Digest Healthy Habits Survey 2012**: Americans are chronically sleep-deprived.

One core finding of our nationwide survey: Americans sleep under 7 hours a night – **an hour less than the body needs** to recover from the wear and tear of the day.

In addition to boosting **mental alertness and memory**, 8 hours of sleep can help strengthen the immune system, fight diabetes, and control weight.

Are you giving your body enough rest?

Answer the questions on the facing page and see how your sleeping habits compare to others. Then learn 3 easy steps to sleep better tonight and **wake up refreshed**.

For this month's **Secrets of Healthy Americans** report, go to **ReadersDigest.com/habits**. And look for our next report in the June *Reader's Digest*.

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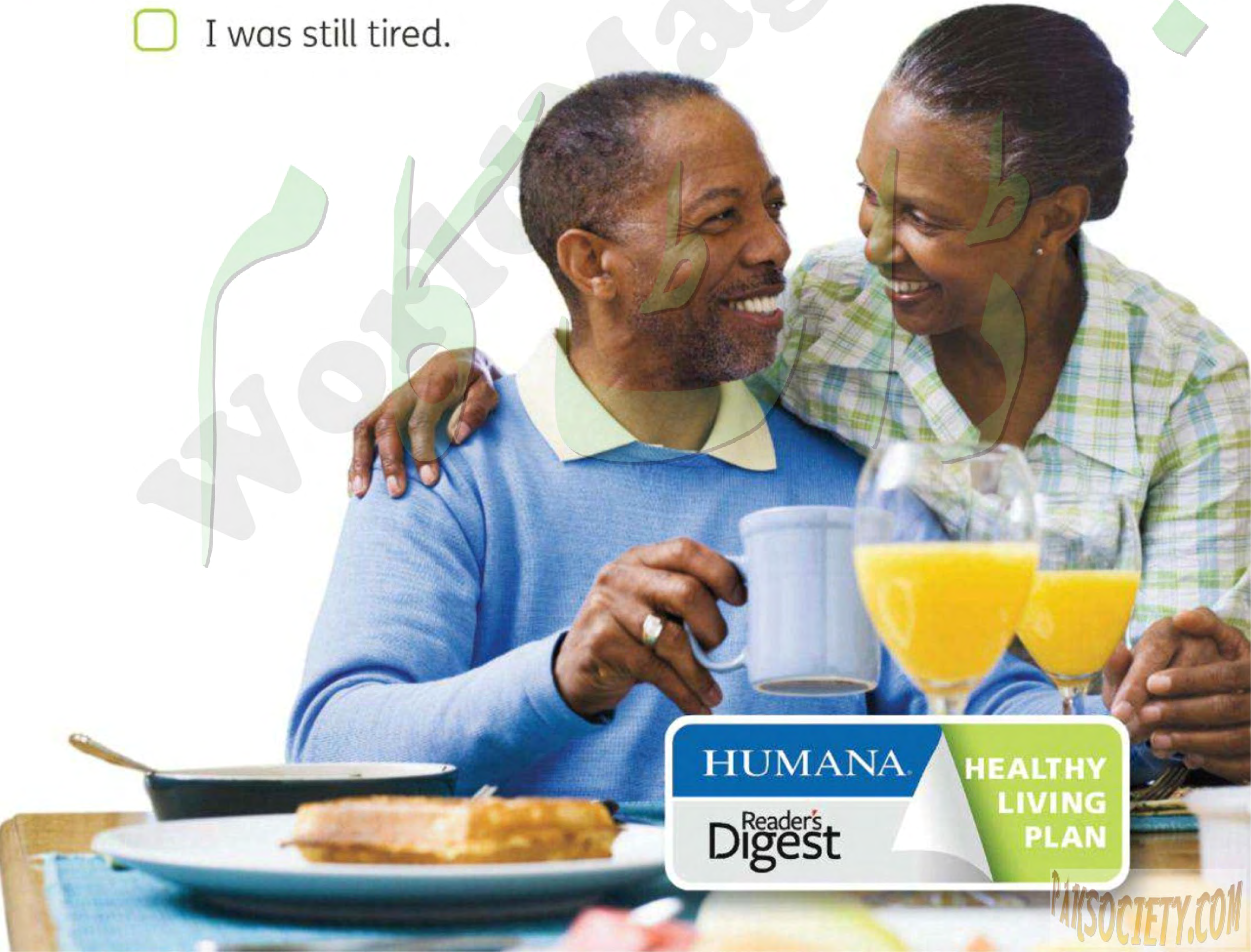
How well are you sleeping?

- **What time did you go to bed last night?** ____________
- **How long did it take you to fall asleep?** ____________
- **How many hours did you sleep?** ____________________
- **Which phrase best describes how you felt when you woke up this morning?**

☐ I was refreshed and ready to face the day.

☐ I was OK, but wished I could get a little more sleep.

☐ I was still tired.



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3 steps to sleep better tonight.

Although our **Healthy Habits Survey** shows that few of us get 8 hours of sleep, there are easy ways to sleep better.

#1: What time did you go to bed last night?

Finding: 24% of all Americans who stay up past midnight **sleep only 6 hours a night**.

Step:* *Get on a regular sleep schedule – even on weekends. *Most people use an alarm to wake up. But why not use one to go to sleep, too? Set an alarm that goes off at the same reasonable hour each night to help remind you to go to bed.*

#2: How long did it take you to fall asleep?

Finding: Nearly 1 in 3 adults need **30 minutes or more to fall asleep**, more often women than men.

Step:* *Don't stare at the ceiling.
Trying hard to get to sleep adds stress and actually keeps you awake. If you don't fall asleep after 20 minutes or so, take your worries to another room and relax until you feel sleepy.

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#3: Did you wake up feeling refreshed, wishing you could sleep a little more, or still tired?

Finding: In sleep-deprived America, well over half of all adults **wake up feeling tired** or at least wishing they could sleep longer.

Step: *To sleep more soundly and wake up refreshed,* ***block out anything that can disturb you.*** *Fight light with drapes or an eye mask, and ditch that blinking digital clock. Muffle noises with earplugs or a humming fan. Loud snorers can match rush-hour traffic! And no matter how much you love your little furry companion, have your pet sleep in another room.*
Do you know that 21% of dogs snore?

For this month's **Secrets of Healthy Americans** report, go to **ReadersDigest.com/habits**. And look for our next report in the June *Reader's Digest*.

HUMANA. Reader's Digest — HEALTHY LIVING PLAN

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We can help you live healthier.

Humana and Reader's Digest want to help you sleep better tonight and live better for years to come. That's why we've teamed up to bring you helpful wellness information like the **Healthy Habits Survey** and to offer you the **Humana Reader's Digest Healthy Living Plan**.

Our easy-to-understand **Humana Reader's Digest Healthy Living Plan** is as unique as our partnership. No other Medicare plan can offer you Humana Medicare coverage, complete with special health and wellness materials created by the editors of Reader's Digest publications **exclusively for our members**.

Enroll in the **Humana Reader's Digest Healthy Living Plan**, and get health guidance all year long.

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A team of **nurses you can phone** anytime, **24 hours a day**, for health information, guidance, and support

MyHumana, your **secure website** to review your claims, use health and pharmacy tools, and find more health information

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Quarterly Healthy Living Bulletins featuring the latest health and wellness findings

From the Editors of *Reader's Digest*

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A plan I can understand – a partnership I can trust.

The **Humana Reader's Digest Healthy Living Plan** is designed to help you live a better life. You'll get simple-to-understand information from a name you've trusted for years, combined with the benefits of Humana's 50 years of healthcare experience.

Remember to look for our next Secrets of Healthy Americans report in the June *Reader's Digest*.

Enroll in the **Humana Reader's Digest Healthy Living Plan**, and get health guidance all year long.

Call 1-855-391-8659 (TTY: 711)
Monday through Friday, 8 a.m. – 8 p.m., Eastern time.

The Humana family has health plans with a Medicare contract. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information, contact the plan. There is no obligation. Other plans may be available in the service area.

Medicare beneficiaries may enroll in the plan only during specific times of the year. Contact Humana for more information.

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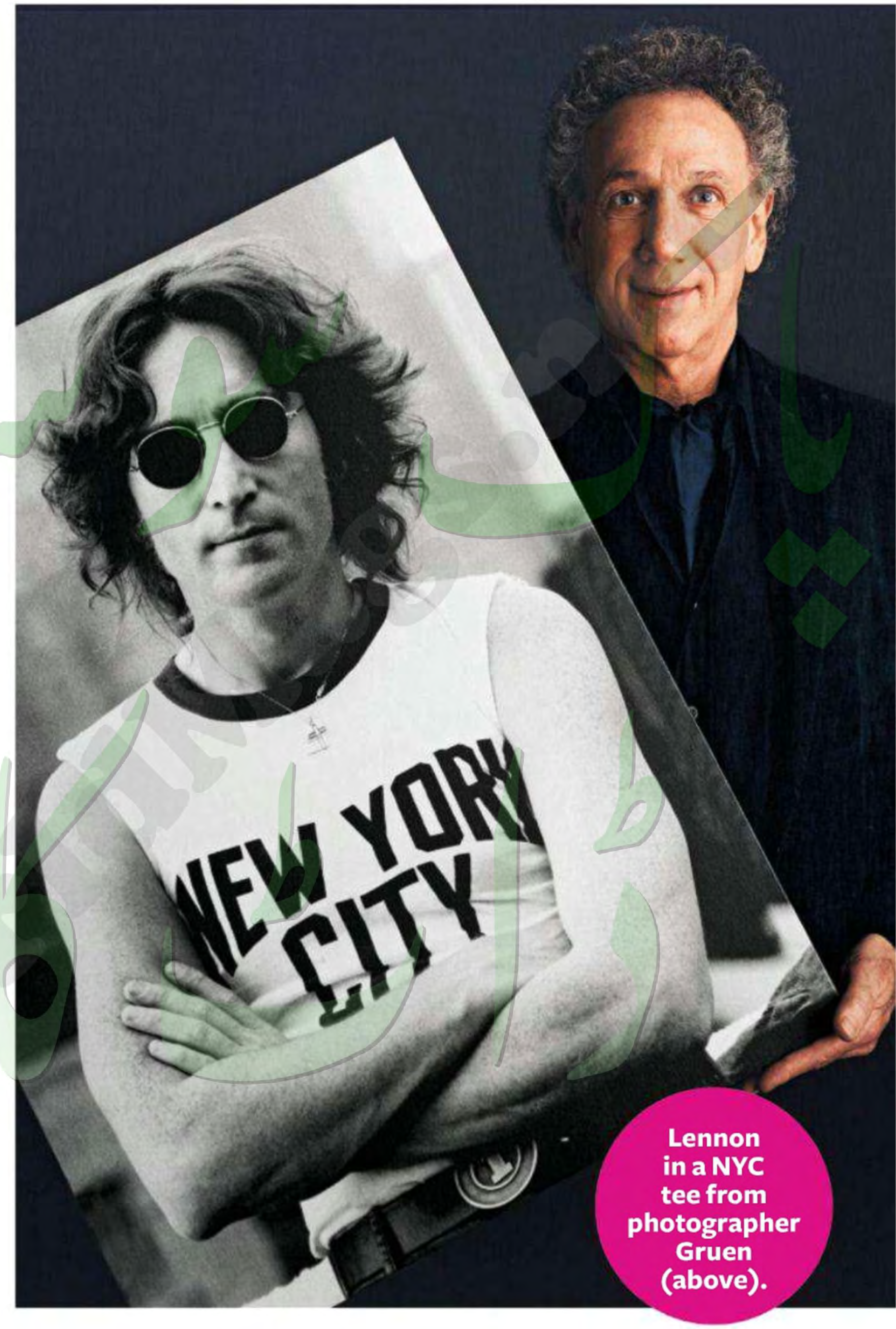
PHOTOS

The Big Shot



Lennon in a NYC tee from photographer Gruen (above).

Don't you wish you could lift the lens and sneak a peek at the creators of your favorite photos? With Tim Mantoani's new book, *Behind Photographs: Archiving Photographic Legends* (Channel Photographics, $60), you can. Using a large-format Polaroid camera, Mantoani shot more than 150 photographers, each holding his or her most famous picture with a handwritten caption. Among the beautiful images: Bob Gruen and his celebrated portrait of John Lennon, Phil Stern and a troubled-looking Marilyn Monroe, and Mary Ellen Mark with her iconic ringmaster and circus elephant photo. *Alison Caporimo*

COURTESY TIM MANTOANI/CHANNEL PHOTOGRAPHICS

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CURATED AND CONDENSED

Random Ideas from All Over

Men in Love

Men are more likely to be happy than women when their partner says "I love you," according to researchers at the MIT Sloan School of Management in Cambridge, Massachusetts. And men in relationships are often the first to confess such feelings. Source: *Medical Daily*

Go Back to College

More than ever, retirees are unloading their big houses for less expensive digs in university hot spots. **College towns** like Memphis, Tennessee, and Muncie, Indiana, offer cheap real estate, affordable health care, continuing ed, and an energetic cultural vibe. Source: moneyland.time.com

Burn After Reading

Anxious after sending an important password via e-mail, New York–based entrepreneur Jacob Robbins created **Burn Note,** a website that lets a sender set a time frame in which an e-mail can be read by a recipient. Then—poof!—the e-mail disappears from the inbox without a trace. A. C.

FROM TOP: ROB LEWINE/CORBIS; DAVID GOULD/GETTY IMAGES; GETTY IMAGES; ILLUSTRATION BY SEAN MCCABE WITH PHOTO BY BILL KOSTROUN/AP PHOTO

REPORT

FULL-CONTACT SPORT

Who knew that those jubilant high fives and encouraging little pats we see between players on the sports fields could actually win a game? A team of social scientists at the University of California, Berkeley, followed all 30 NBA teams in 2008 and 2009, tracking the players' fist pounds and chest bumps, and found that a physical show of team spirit boosts cooperation, relieves anxiety, and can improve a team's performance in a game. A. C.

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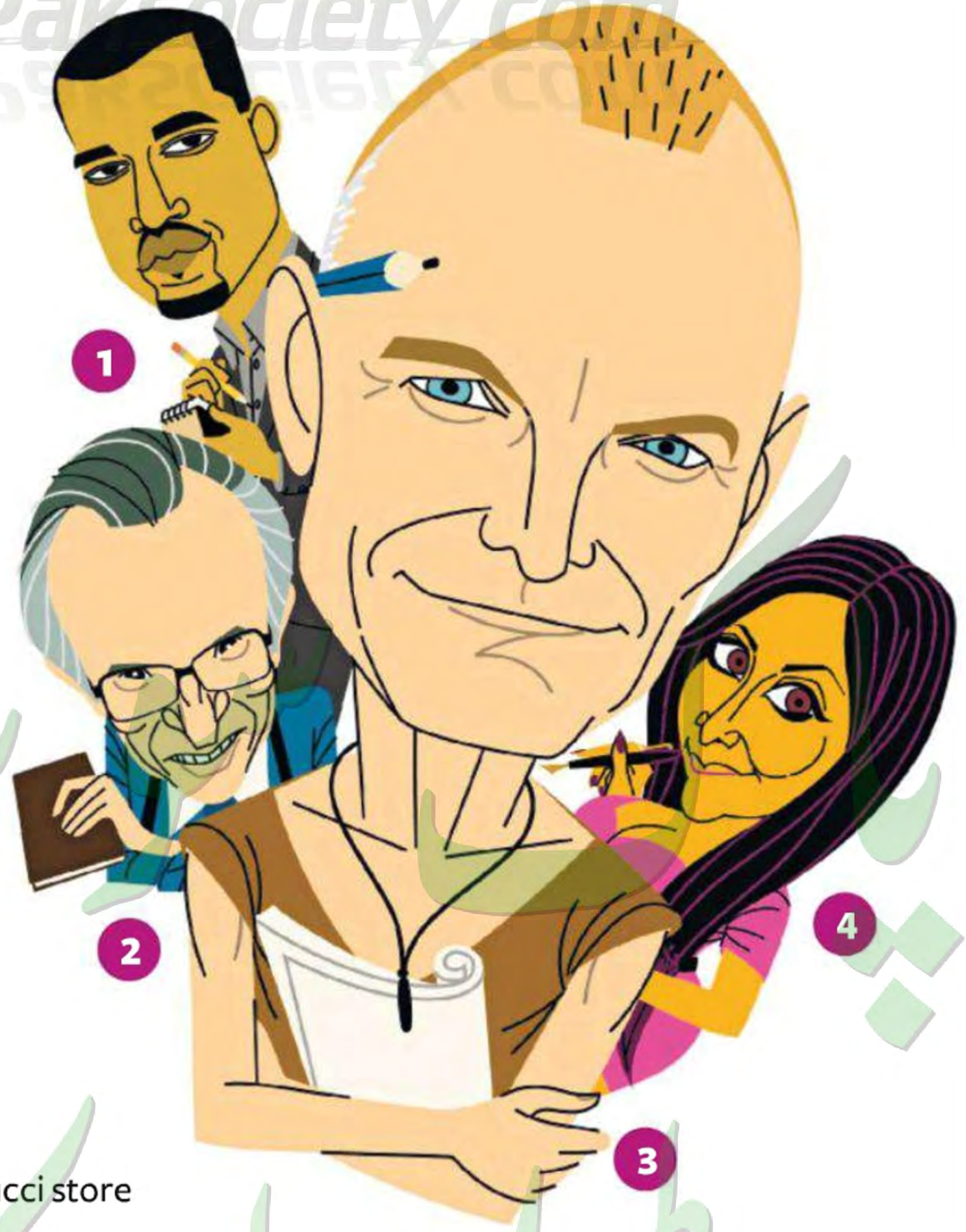
POETRY

Pop Verse



Celebrities say the darnedest things, which is why Kathryn and Ross Petras—authors of *The Anthology of Really Important Modern Poetry* (Workman Publishing, $11.95)—cast pop culture's craziest quotes into poetic form. We picked the funniest renditions. A. C.

1) KANYE WEST

"Past Life Regression"

I won't go into a big spiel
about reincarnation,
But the first time I was in the Gucci store
in Chicago
Was the closest I've ever felt
to
home.

2) LARRY KING

"Poetic Conundrum"

I've never thought too much about time
because
I've always been too busy
looking
at
my watch.

3) STING

"Authentically Inauthentic ... Perhaps"

Nothing is authentic,
and yet everything is authentic.
So I think my work comes into that category.
But just the struggle to tell a story
in an authentic fashion
is already authentic ...
and yet it's not.

4) SNOOKI

"How We Demeanor"

So all I'm saying is me dipsomaniac
As well as descending down.
That's how we am when we party,
Though the little of the things we do is,
like, "Really, Nicole?"

We demeanor similar to the freakin' alcoholic.
I'm like, "You're sweating, your makeup
is running,
We demeanor gross."
We usually demeanor similar to
[redacted].

ILLUSTRATED BY ZACH TRENHOLM

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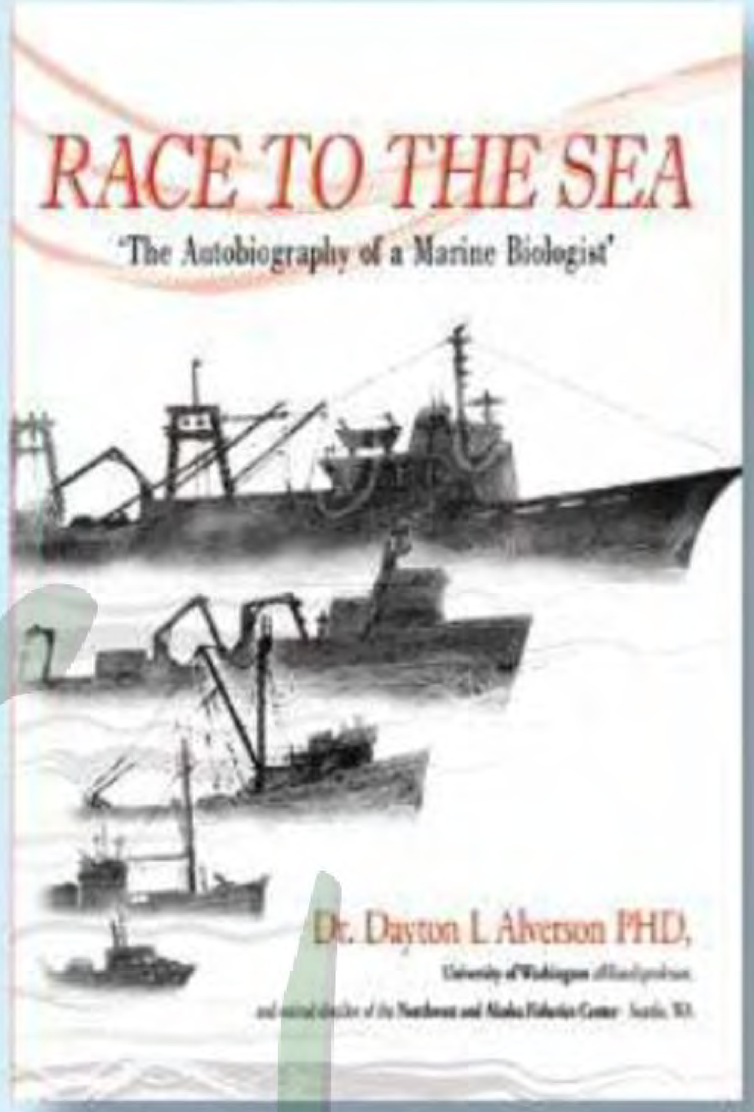

RACE TO THE SEA

'The Autobiography of a Marine Biologist'

Dr. Dayton L. Alverson, Ph.D.

ISBN soft
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www.iuniverse.com

Join Dr. Alverson as he tracks many developments of the fishing industry and his personal involvements during the traumatic period of world fishery expansion. His career covers the period during which world fisheries would explode from small boat coastal activities to distant water fleets of large vessels. He tells of his exhilarating Race to the Sea in this engaging book.

When Bull Elephants Fight An American Surgeon's

Chronicle of Congo

Roger L. Youmans

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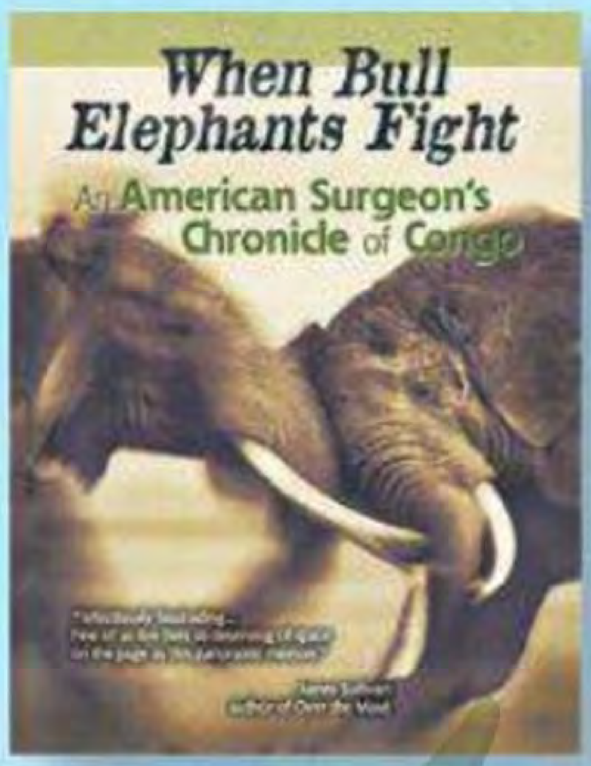

A former visiting professor of surgery in both Ghana and Nigeria, Roger Youmans had directed a mission hospital in the Congo before his surgical residency at the University of Kansas; When Bull Elephants Fight is his story of more than ten years in bush hospitals and the huge Kinshasa General Hospital..

Black Warriors:

The Buffalo Soldiers of World War II

Ivan J. Houston, with Gordon Cohn

ISBN soft
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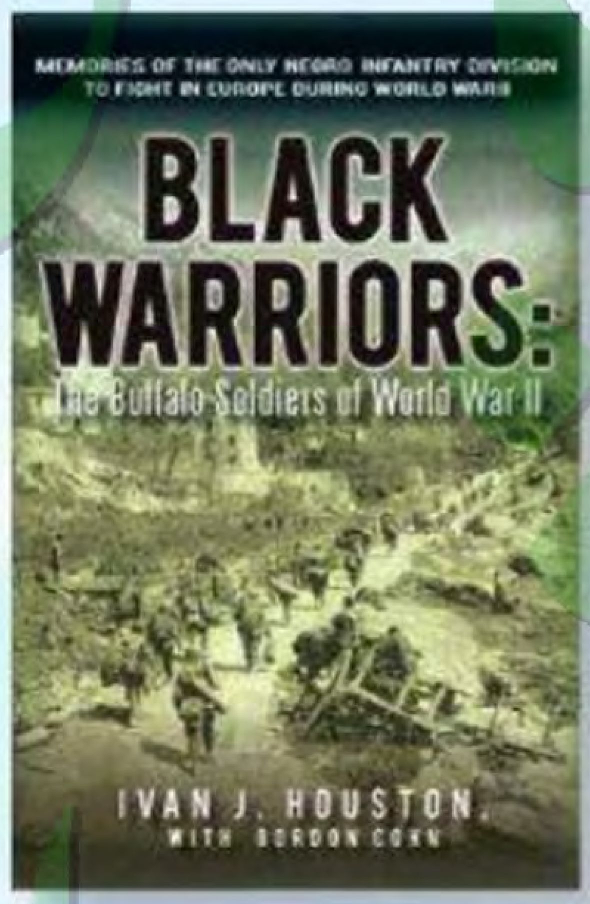

Ivan J. Houston recounts his experiences about the historic encounters and the achievements of his fellow black soldiers during this breakthrough period in American military history. It provides a compelling, firsthand account of the segregated Buffalo Soldiers' experiences while they fought not only the power of the Nazi war machine but also racism.

The Devil's Jail

The John Abbott Story

John Ivor Mitchell

ISBN soft
9781462004096
ISBN hard
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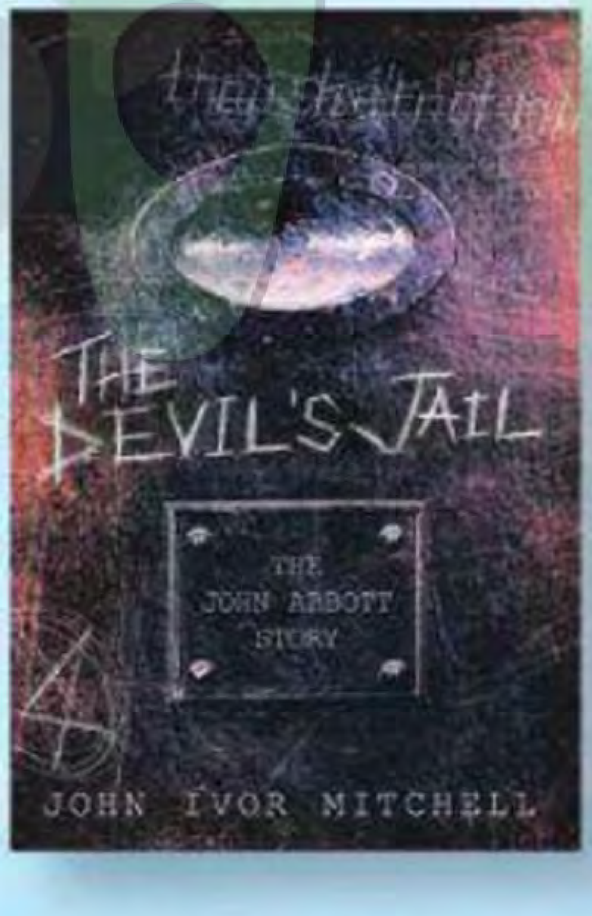

In a village nestled in the Appalachian Mountains, John Abbott has just thwarted a dark force that had unleashed his wrath on the town's unlucky residents for the past year. In this gripping thriller, events quickly escalate until a cataclysmic showdown becomes inevitable. Can the Devil be stopped before it's too late?

Retribution

Dark Justice

Steve Thornton

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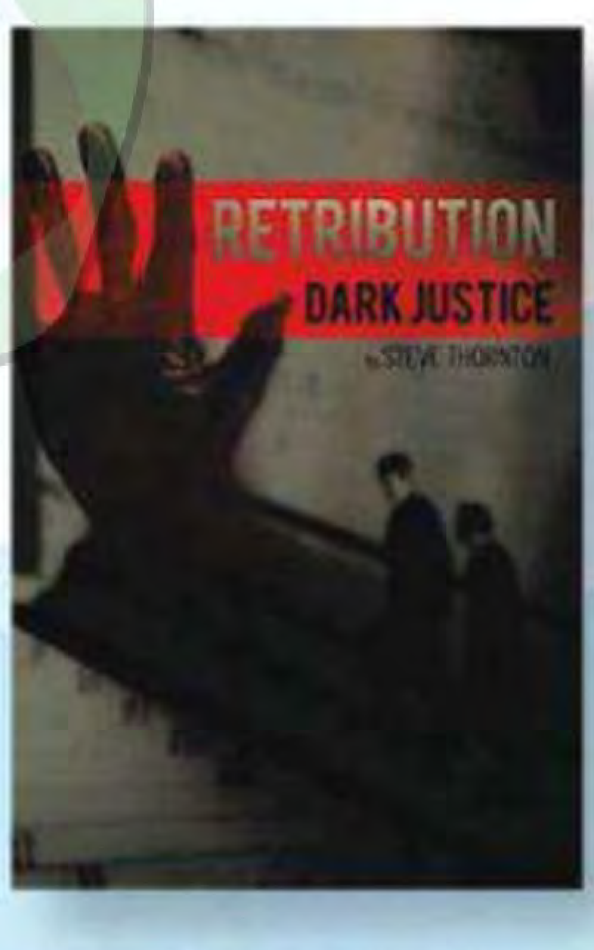

One man brings his own dark form of justice to those that have escaped it. Two detectives, David Felton and John Blanchard, are assigned to investigate what this man leaves behind, and they don't know whether to thank him for ridding the world of scum or hunt him down.

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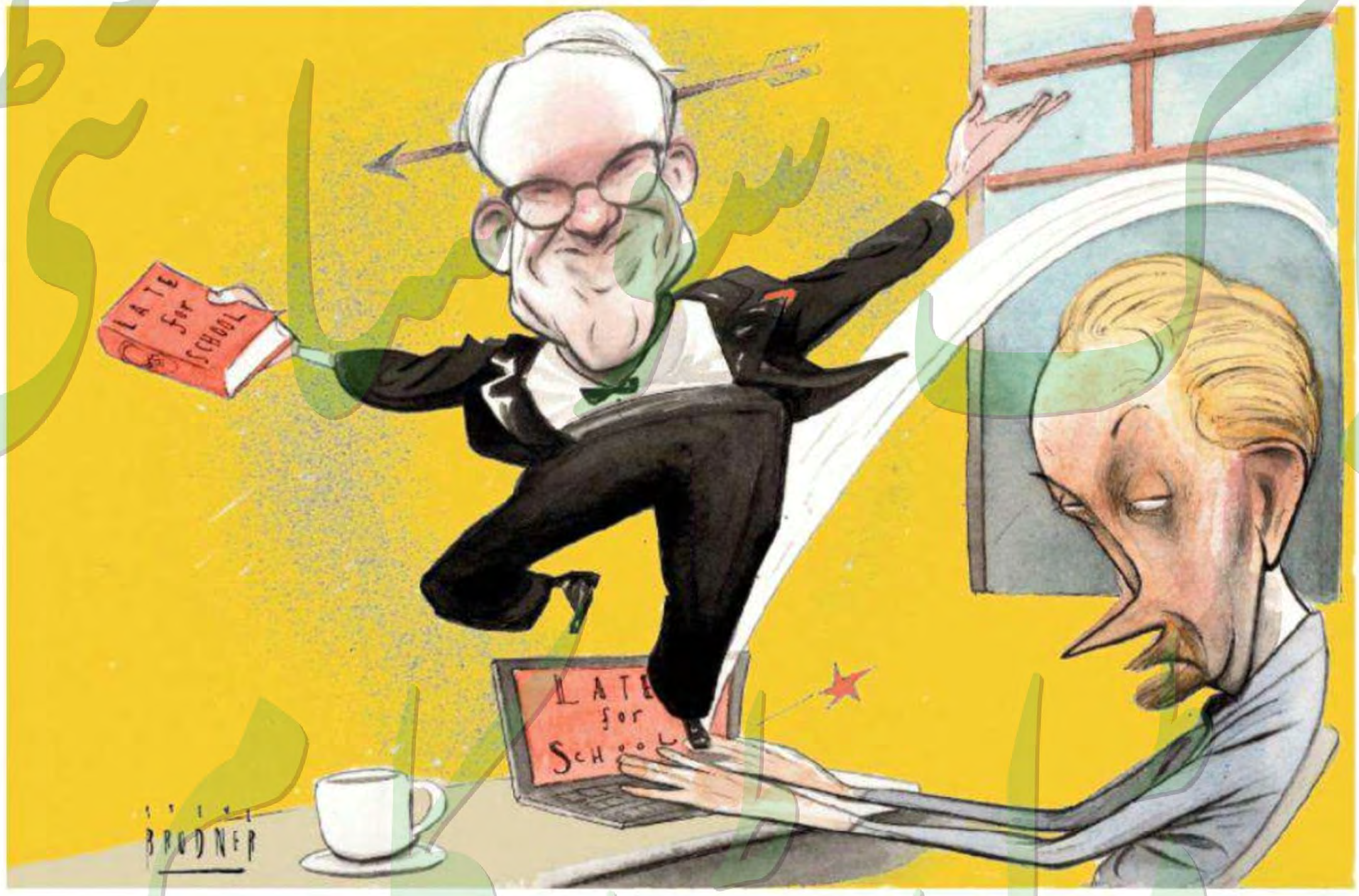
Humor

The Jokes Are on Us



FILE UNDER "HA!"

I'm a Noncelebrity—Buy My Book!

BY MIKE REISS

I've written 17 children's books, and you know what the toughest part is? Competing against children's authors like Queen Latifah, Queen Rania of Jordan, and Sarah Ferguson. That's right, I'm fighting for shelf space with two queens and a duchess. And the Madonna (not that one, the one who sang at the Super Bowl). And Julie Andrews and Judy Collins, Kathie Lee Gifford and Jamie Lee Curtis, Johns Travolta and Lithgow—in short, pretty much every celebrity in the world. Since stores arrange

ILLUSTRATED BY STEVE BRODNER

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books by the author's last name, I find my work—by Reiss—sandwiched between books by Carl Reiner and LeAnn Rimes.

Why are celebrities writing kids' books? Jay Leno earns $32,000,000 a year and owns 460 cars and 89 motorcycles. Why is he horning in on my racket? He doesn't even have kids! (Actually, neither do I. But I've got one car, and it's a 2000 Honda Civic.)

Why is Jay Leno horning in on my racket?

Many of these books aren't even exactly books. Jerry Seinfeld's stories are actually excerpts from his stand-up routines. David Byrne's children's book is just the lyrics from one of his songs. And so is Neil Sedaka's.

And so is Steve Martin's first kids' book.

It's called *Late for School* (Amazon ranking, No. 86,012), and it's the most charming book I've read since my 2003 book *Late for School* (Amazon ranking, No. 1,491,182). Both tell the story of a boy facing adventure on a mad dash for school. Both are written in verse. Both include the boy jumping over a pool. My book's final twist has the boy arriving at school right on time and then—spoiler alert!—realizing it's Sunday. In Steve Martin's book, it's Saturday.

I'm not suggesting he ripped off my book or even knew it existed. Steve Martin is a brilliant comedian, playwright, and novelist. I'm thrilled that we had the exact same idea. And that I had it seven years earlier.

There is an upside to this trend. Recently, a publishing house called me in a panic. They had a contract with an African American superstar, and his manuscript was unusable, even by celebrity standards. They asked me—a Jewish kid from suburban Connecticut—to write a book about growing up as a poor black kid in the slums of New York. And they needed it the next day. I informed them huffily, "A children's book is not a fast-food hamburger, and I am not McDonald's."

They said they'd pay me $10,000.

I said, "You want fries with that?"

Mike Reiss has won four Emmy awards as a writer for The Simpsons.

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Reader's Digest RECOMMENDS

FUNNY FRATERNITY FOLLOW-UP

In the rollicking ***Fat, Drunk, and Stupid: The Inside Story Behind the Making of Animal House*** (St. Martin's Press), the film's producer, Matty Simmons, details how tough it was getting Hollywood to bankroll the now iconic comedy about a hard-partying fraternity. He also reveals scenes that were cut, like one with an annoying young musician named Bob Dylan.

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Laughter, the Best Medicine

What separates us from all other animals is that we aren't afraid of vacuum cleaners.

Comedian *Jeff Stilson*

"I hope this is the right wine for reading and ignoring each other."

Take It Array

The National Science Foundation needs a name for its radio astronomy center known simply as the Very Large Array. Here are suggestions from boingboing .net readers:

- The Well-Endowed Array
- Giant Interferometric Observatory Of Radio-source Mapping Array System (GINOORMAS)
- Knock, knock. Who's there? Dishes. Dishes who? Dishes de biggesht array I've ever seen.
- The "Holy Crap That's a Big Array" Array

A man walks into a bar and orders a beer. He takes a sip and then tosses the rest into the bartender's face.

"I'm sorry!" he sobs. "I can't help doing that. It's so embarrassing!"

The bartender feels bad for the guy and gets him to agree to see a psychiatrist. Six months later, he's back.

"Are you seeing a psychiatrist?" the bartender asks, handing him a beer.

"Yes, twice a week. He's great," says the man, as he throws his beer into the bartender's face.

"Great? You

One day, millions of light-years away, an alien may hear the first FM signal all the way from earth, unless the alien is driving under a bridge.

Comedian *Nick Vatterott*

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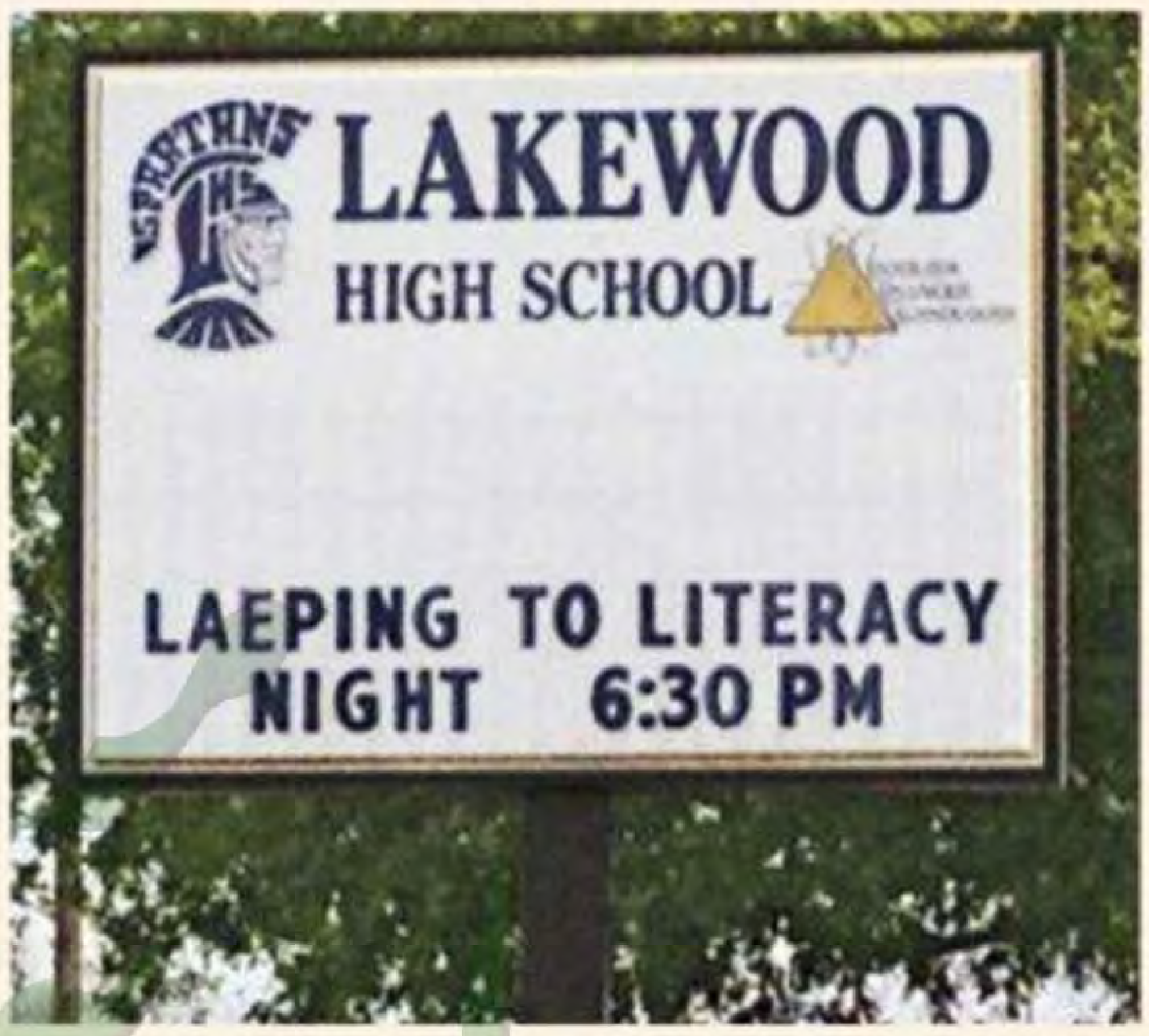

ONLY ONE NIGHT?

This brings back high school nightmares because, let's face it, spelling bedevils even the best of us.

Source: Lane DeGregory/*Tampa Bay Times*

just threw another beer in my face."

"True, but now it doesn't embarrass me."

I love being married. When I was single, I got so sick of finishing my own sentences. Comedian *Brian Kiley*

When the gambler wakes up from dreaming about a huge glowing number 5 made of gold and diamonds, he knows it's an omen. So he grabs a racing form and looks up that day's fifth race. Sure enough, the number five horse in the fifth race is Fifth Element. So for the rest of the day, he does everything in fives: He eats five bowls of cereal for breakfast, goes for a five-mile run, takes a five-minute shower, and wears the fifth jacket he finds in his closet. At the racetrack, he buys five programs, bets $555 on the fifth horse in the fifth race, and sits in the fifth row of the bleachers.

And when the gun goes off, he settles in and watches his horse come in fifth. Submitted by *Patti Browne*, Marina del Rey, California

A Chihuahua looks like a dog far away. Comedian *Billiam Coronel*

LETTERS THE MAILMAN FORGOT TO DELIVER

The website dearblankpleaseblank.com asks users to submit imaginary correspondence from one party to another. Here are some missives.

Dear Noah,
We could have sworn you said the ark wasn't leaving till 5.
Sincerely, Unicorns

Dear The Movie,
Meh.
Sincerely, The Book

Dear *Twilight* Fans,
Thank you for making us look sane and well adjusted.
Sincerely, Trekkies

Dear Rubik's Cube,
Done!
Sincerely, Color-blind

Dear Movie Watcher,
Your parents are about to walk in.
Sincerely, The Only Sex Scene in the Movie

GETTY IMAGES

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Life in These United States

While lobbying for her very own computer, my 12-year-old niece asked her father, "When you were a kid, how old were you when you got your own computer?"

"There were no computers when I was a kid," he said.

She was aghast. "Then how did you get on the Internet?"

Herbert Buetow, Schaumburg, Illinois

Tome Raiders

Looking for a good read? Try one of these actual books:

- *Bombproof Your Horse*
- *Cooking with Pooh*
- *If God Loves Me, Why Can't I Get My Locker Open?*
- *Down-Home Gynecology*
- *Excrement in the Late Middle Ages*

Source: buzzfeed.com

FAKE PAPER, REAL HEADLINE

From the *Chicago Sun-Times*

I came down with the flu and wanted my husband to do some of the housecleaning. I wasn't sure how to tell him, so I tried reverse psychology.

"Honey, I'm sorry I'm leaving you with such a mess," I said between sniffles. "The laundry needs to be done, the dishes washed, the floors cleaned."

"Don't you worry," he said sympathetically. "It can all wait until you feel up to it."

Gail White, Alpharetta, Georgia

I was reading the nutrition labels on some cans of food when something caught my eye. "What's *saturated fat*?" I asked my mother. She answered, "Your father taking a shower."

Toshia Mitchell, Florence, Oregon

Scene: My son speaking to his three-year-old son.

Dad: Do you want to know a secret?

Son: Uh huh.

Dad: I love you.

Son: Do *you* want to know a secret?

Dad: Uh huh.

Son: I'm Batman.

Gary Pankow, Lake Havasu City, Arizona

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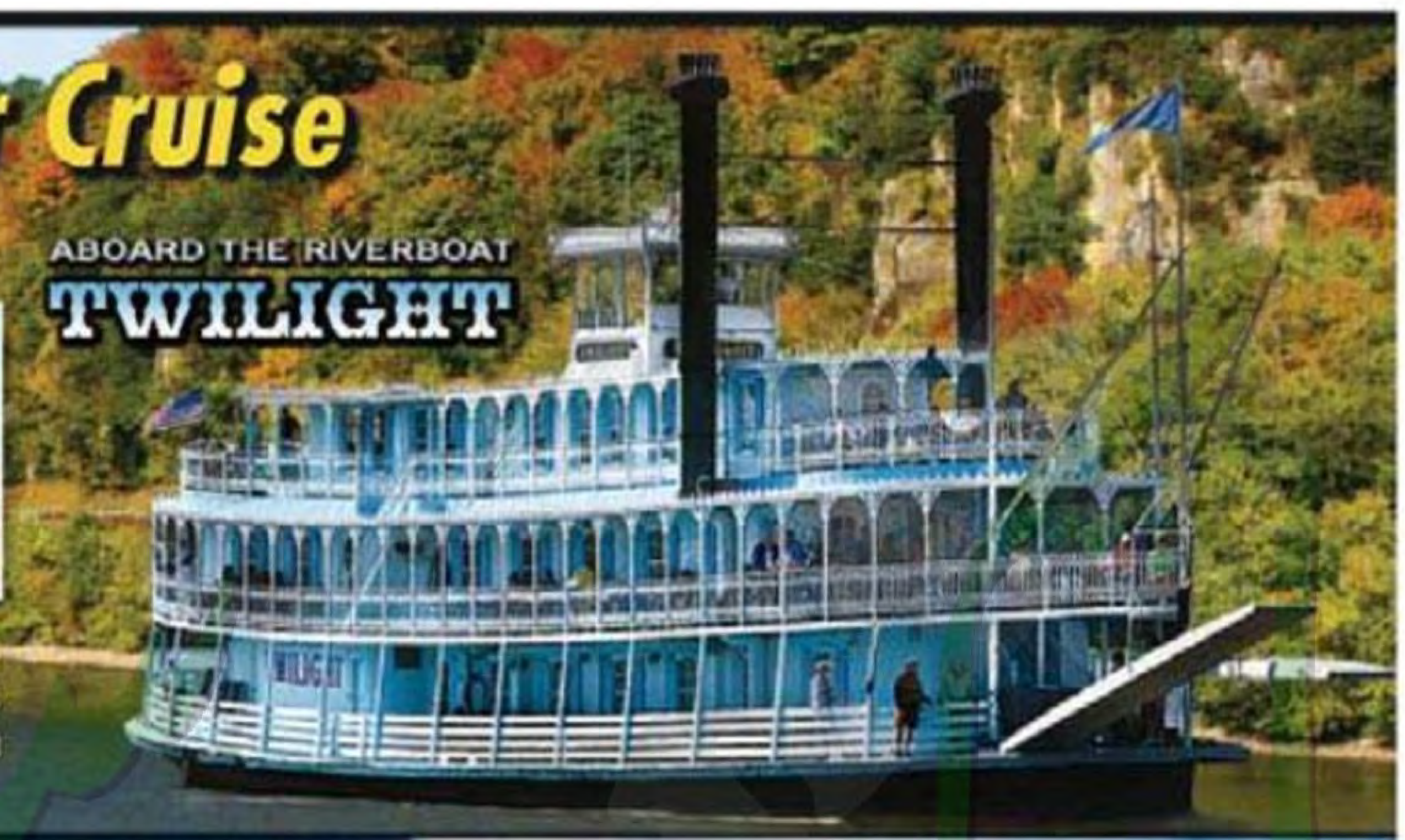

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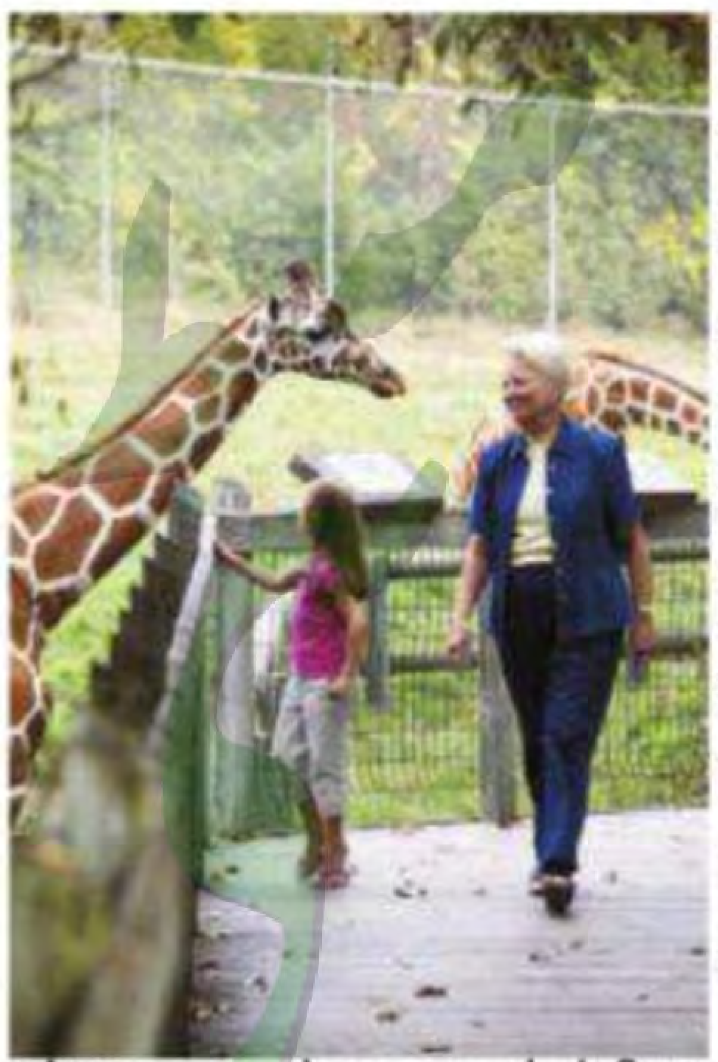

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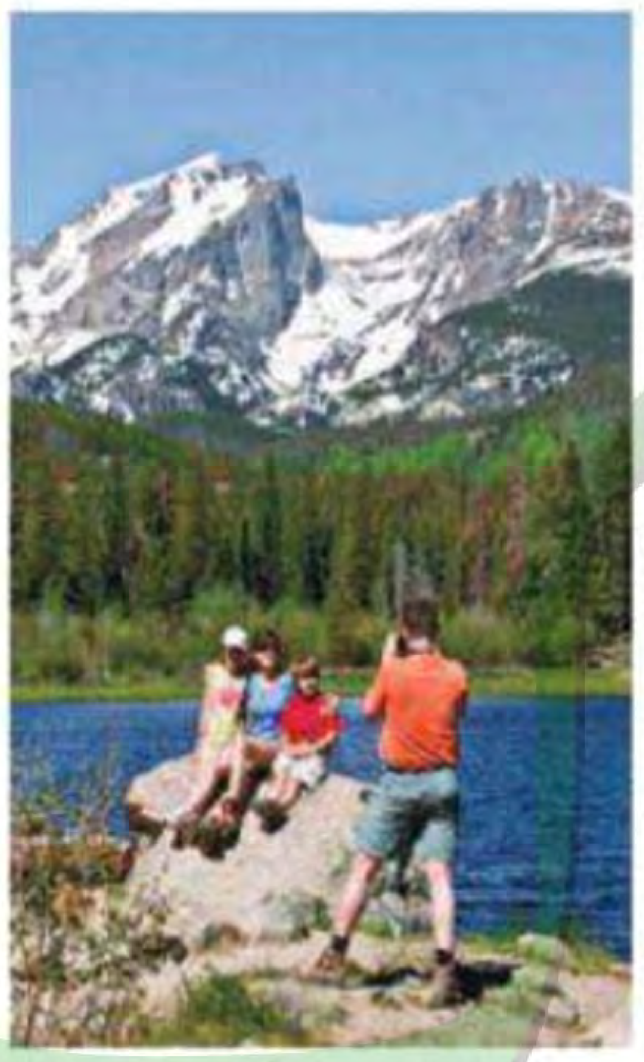

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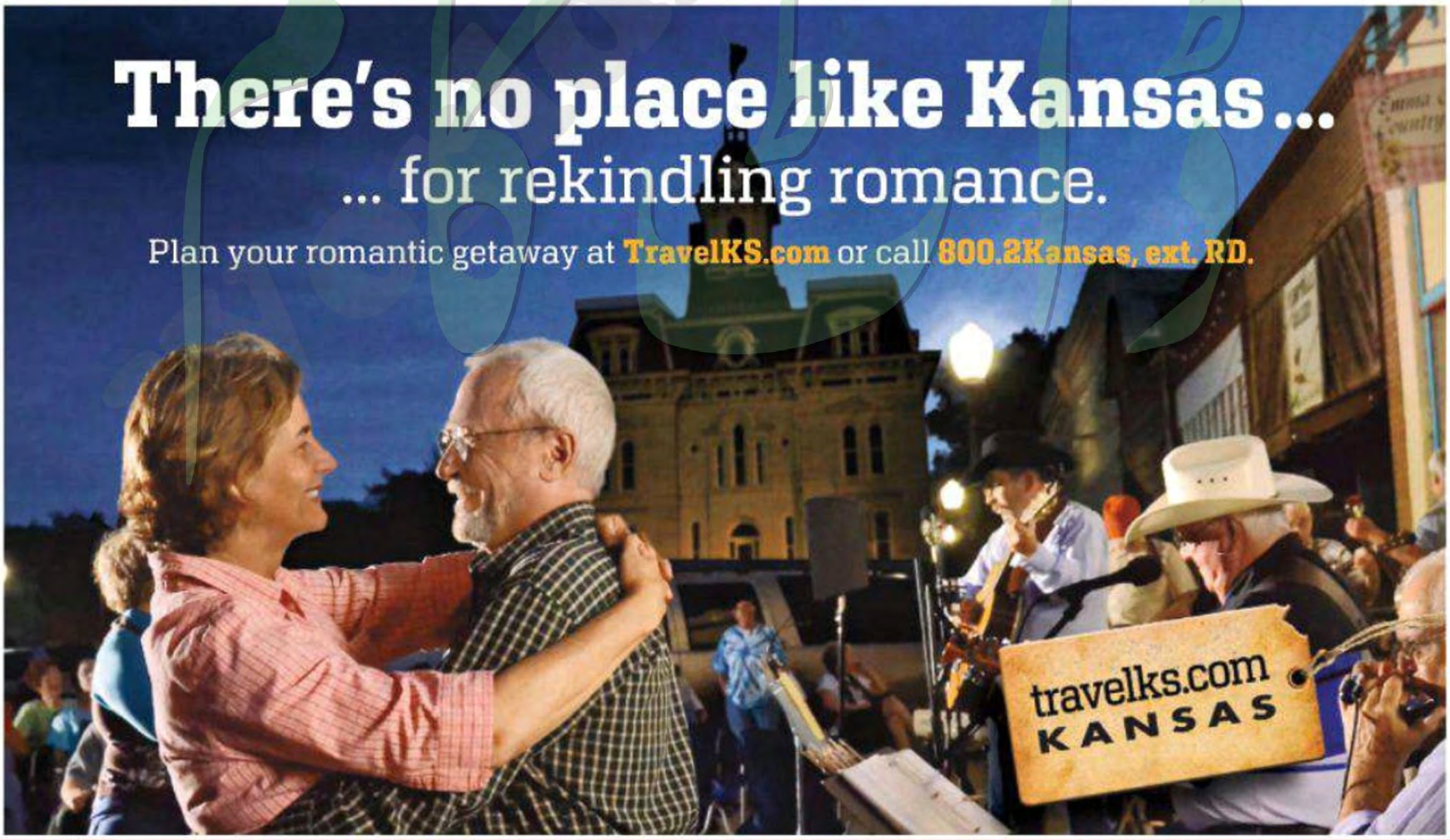

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At the end of a crazy day, my husband and I collapsed on our bed and watched TV. As I made myself comfortable in the crook of his arm, I said, "Know what's comforting? When I'm old and gray, I can lean on you, and you'll still feel young and strong. Isn't that wonderful?"

"For you, maybe," he said. "I get the old, shriveled lady."

Lisa Lipman, Baltimore, Maryland

Scene: Tourists in Great Britain.
American No. 1: Look at those white cows! I've never seen cows like that before!
American No. 2: Maybe they're albino ... Or it could be a special British type of cow.
Guy sitting behind them: Those are sheep.

From overheardeverywhere.com

As a new parent, I've come to appreciate the sacrifices my mother and father made for me. For example, not long ago, I thanked my mother for all the time and money that was spent on me for orthodontics.

"We had to," she said, "or you would still be living at home."

Kris Boedigheimer, Marshall, Minnesota

My 85-year-old uncle and his wife were sitting quietly in their living room, each in their matching recliners. After a while, my aunt asked, "How come you never talk to me anymore?"

My uncle replied, "I told you everything I know a long time ago."

Julie Meek, Fort Lauderdale, Florida

Recently, my husband was pulled over for not wearing his seat belt. But Irv was convinced he was being railroaded.

"Officer," he said in his most condescending voice. "How do you know I'm not wearing a seat belt if my windows are tinted?"

"Because, sir," replied the officer, "it's hanging out the door."

Judith Finkler, South Bend, Indiana

The topic of conversation at our neighbors' barbecue was their beautiful new lawn. It especially sparkled next to the dying brown patch of earth on our side of the fence. My husband, Bob, had a ready excuse.

"Look at what our gardener did!" he said. "He put the sod in upside down."

Pamela Wiebusch, Sarasota, Florida

OH, DO WHATEVER YOU WANT TO!

From signspotting.com

RYAN HUFFMAN/SIGNSPOTTING.COM

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All in a Day's Work

A gentleman arrived at our travel agency looking to book a trip to England. I arranged for his plane tickets and maps and even a rental car.

"They drive on the opposite side of the road in England, right?" he asked.

"Yes, they do," I said.

"Oh," he said, standing. "I better go practice."

Susan Dunn,
Abingdon, Maryland

"Relax. I'm from the IRS. Death and taxes have merged."

Electrician: I think I may have made a mistake.
Owner of office: Ya think so? What gave it away, the flames?

From overheardintheoffice.com

An elderly man arrived in our emergency room complaining of hip pain after falling.

"Sir," I said, "how did you fall?"

He replied, "Down."

Kathryn Main,
Olean, New York

The high school was using our church's Family Life Center for its annual spring banquet. Since we wanted to keep the teenagers confined to the gym and out of the main building, someone suggested posting a Do Not Enter sign on the door. I knew that wouldn't work, so I put up another sign that did the job. It read, Prayer Room.

Bill Denham,
Grapeland, Texas

A job seeker at my office was filling out an application. After writing in his address, he was asked "Length of residence?" The applicant wrote "One acre."
Jennifer McNeil, Star City, Arkansas

ILLUSTRATED BY HARLEY SCHWADRON

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COURT OF LESS APPEAL

Actual court transcripts, from gavel2gavel.com.

CASE #1

Defendant: "Judge, I want you to appoint me another lawyer."
Judge: "And why is that?"
Defendant: "Because the public defender isn't interested in my case."
Judge (to the public defender): "Do you have any comments?"
Public Defender: "I'm sorry, Your Honor. I wasn't listening."

GETTY IMAGES

CASE #2

Attorney: "What was the first thing your husband said to you when he woke that morning?"
Witness: "He said, 'Where am I, Cheryl?'"
Attorney: "And why did that upset you?"
Witness: "My name is Kathy."

CASE #3

Attorney: "Did you ever stay all night with this man in New York?"
Witness: "I refuse to answer that question."
Attorney: "Did you ever stay all night with this man in Chicago?"
Witness: "I refuse to answer that question."
Attorney: "Did you ever stay all night with this man in Miami?"
Witness: "No."

My Dog Ate My Alarm Clock

Sixteen percent of employees are habitually late to work. Here are some of their lamest excuses:

- Employee was late because of a job interview with another firm.
- Employee claimed her bus was delayed and produced a note signed by the driver.
- Employee claimed his hair was hurting his head.
- Employee thought she'd won the lottery (she hadn't). From careerbuilder.com

$ "The Worst Boss in America" Contest

Have you ever toiled for a clueless, lazy, or curmudgeonly boss? Good, we want to read all about it! Send us your funniest stories about working for the man! Go to readersdigest.com/boss for details. **You could win $1,000.**

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CAN YOU BEAT THIS?

When a nun collapsed in the sales representative's office at our resort, the rep ran to the front-desk manager. "Two nuns walked into the sales office, and one of them fainted!" she yelled breathlessly. Unfazed, the manager just looked at her. "Well," said the rep, "aren't you going to do anything?"

He replied, "I'm waiting for the punch line."

No purchase necessary to enter or win. Open to U.S. citizens 18 and older. Contest begins 4/10/12 and ends 6/20/12. Void where prohibited.

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Humor in Uniform

One night, at Lewis-McChord Air Force Base, I was dispatched to the runway security fence, where an alarm had gone off. I soon found the culprit—a raccoon. So I ran around, flapping my arms to scare it away.

Suddenly, an air-traffic controller came over the public-address system: "Attention to the airman at the end of the runway. You are cleared for takeoff." From gcfl.net

A Navy man and new to town, I found a barbershop with a sign in the window that read "Military Cuts Our Specialty." I walked in and told the barber exactly what I wanted: "A standard Naval Aviator. Do you know what that is?"

"Sure," he said. "Blocked in the back, 2.5 inches on the sides, and you expect me to make you better-looking than you actually are."

Chris Farrington, Stafford, Virginia

"It's Research and Development, General. They've come up with a Catch-23."

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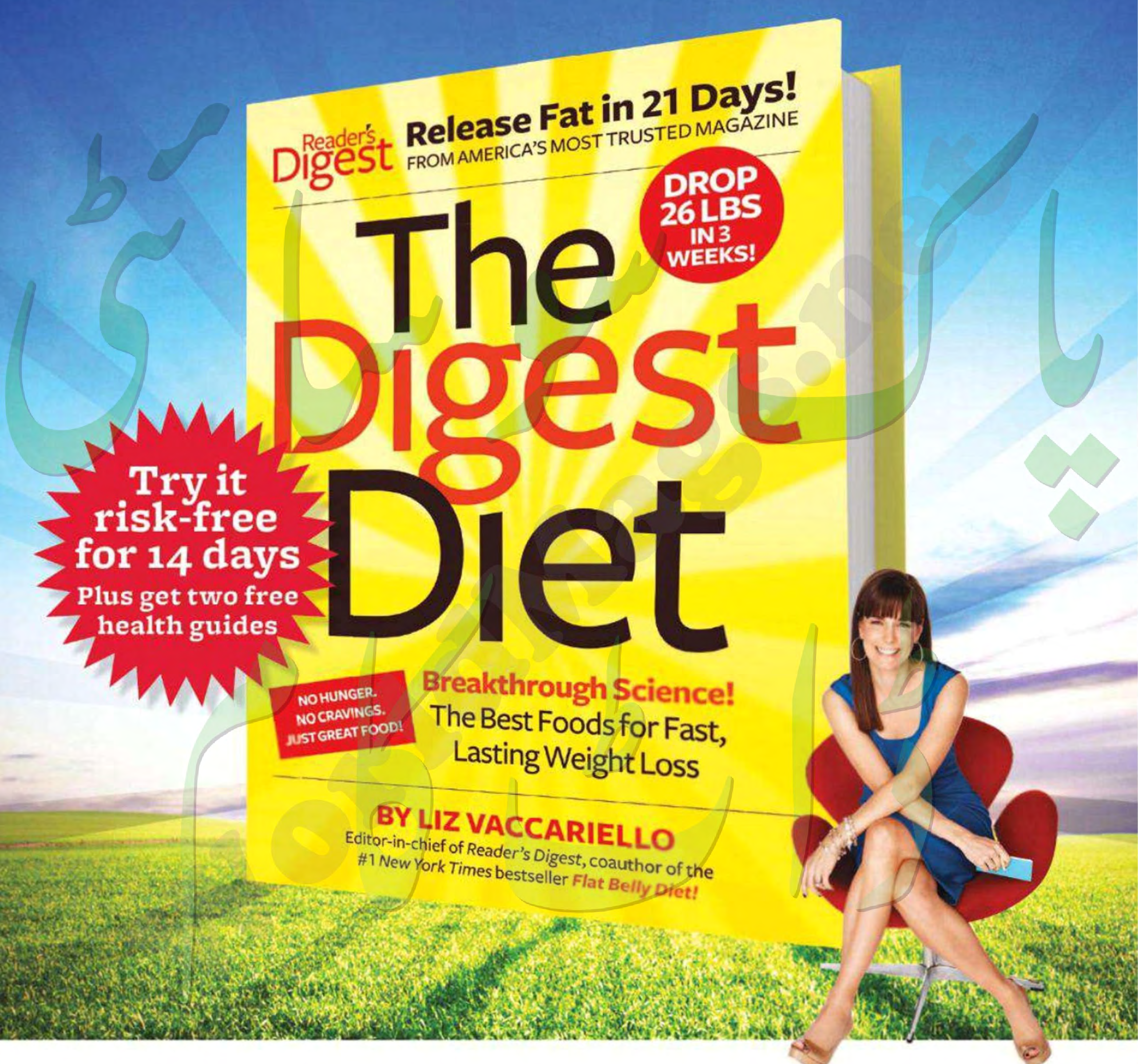

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JAMES WORRELL/BIG LEO

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"THE TRUTH IS, THE DOGS THAT SCARE ME MOST ARE THE LITTLE ONES."

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50 SECRETS YOUR VET WON'T TELL YOU

BY MICHELLE CROUCH

GK HART/VIKKI HART/GETTY IMAGES

We'll do almost anything for our beloved animals. Yet is it really imperative that we prepare a homemade turkey dinner for Buffy and Tuffy—or even a good idea? Is plaque spray really necessary if you can simply wield a toothbrush at home? Does calling the office every hour for a status report make us good pet owners—or a nightmare? (Well, maybe we don't care, actually.) We asked 18 veterinarians and vet technicians to reveal what animal docs really do and think. Here are their insider tips and cautionary tales, which can save time, trouble, and trauma—for everyone in the family.

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WHAT WE'RE THINKING

1 "People always ask, 'How do you handle pit bulls and rottweilers and big German shepherds?' The truth is, the dogs that scare me most are the little Chihuahuas. They're much more likely to bite."

Mark Howes, DVM, owner and medical director of Berglund Animal Hospital in Evanston, Illinois

2 "We know when you're twisting the facts. If your dog has a five-pound tumor hanging from his skin, please don't tell me it wasn't there yesterday." *Phil Zeltzman, DVM,* a traveling veterinary surgeon in Allentown, Pennsylvania, and the author of *Walk a Hound, Lose a Pound*

3 "Most hospitals keep comprehensive records of behavior—of both your pet and you! If you are aggressive to the staff, you will be treated differently."

Oscar Chavez, DVM, program director for the vet tech program at California Polytechnic State University in Pomona, California

4 "Looking for a way to say thank you to your vet? Last year, one pet owner gave us a check for $100, saying we could use it at our discretion for an animal in need. That was a wonderful gift." *Patty Khuly, VMD,* a vet in Miami, Florida

5 "The reason your pet is fat is because you are too. I would never say that to someone in an exam room, but the fact of the matter is, if you have an owner who overeats and is inactive, they are very likely to have an obese pet." *Oscar Chavez, DVM*

6 "We're a vet hospital, not a dog hotel. People will get upset because their dog got a sheet instead of two fluffy blankets or because their dog didn't get hand-fed. We're just trying to get your dog better so he can come home and you can spoil him."

Jessica Stout-Harris, a vet tech who runs confessionsfromtheanimalshelter.com

7 "Here's a pet peeve: owners who don't want to pay for diagnostic tests but then cop an attitude because you don't know what's wrong with the animal. Since you wouldn't let me do the blood work or X-rays, how the heck do you expect me to know?"

A vet in South Carolina

8 "If you're visiting your pet in the hospital, and we say something along the lines of 'OK, it's time to let Fluffy sleep now,' often what we really mean is that you're in our way, and we're trying to treat other patients."

Jessica Stout-Harris

9 "I understand the value of dog parks, but I personally wouldn't take my dog there. We see a lot of dogs who were injured at dog parks."

Rachel Simpson, a vet tech at Adobe Animal Hospital in Los Altos, California

10 "Every time I save a life, every time I fix a patient, that makes everything worth it. And I love it

NICOLE MLAKAR-LIVINGSTON

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when a client says, 'I wish my physician would treat me as nice as you treat my pets.'" *Phil Zeltzman, DVM*

WHAT WE'RE DOING

11 "A lot of veterinarians have told me matter-of-factly that they still don't use painkillers for procedures that we know are painful. They think that dogs and cats don't need it or that feeling pain after surgery is good because it keeps them from moving around too much. But research has shown that pets who are in less pain heal faster, sleep better, and don't move around as much."

Dennis Leon, DVM, director at Levittown Animal Hospital in Long Island, New York

12 "At a veterinary meeting I attended, it came to light that more than half the vets there had not licensed their dogs, which is required by local law." *Patty Khuly, VMD*

13 "You should never give pets chocolate, because it's toxic to most of them. But my cat is obsessed with it and is all over me when I'm eating it, so sometimes I give her a sliver. Just an itsy-bitsy, tiny one."

A vet in California

14 "Every time we help a pet, we help a person. The classic example is the 80-year-old grandma who has nothing in life but her cat. She's a widow with very limited social contact, and the cat is what connects her to life. So when we help her cat, she's really the one we're helping."

Phil Zeltzman, DVM

15 "When people surrender their pets because they can't afford their problems, I often end up with them. I've got a three-legged cat, a one-eyed cat, three dogs that required major surgeries, one goat, and 11 chickens." *Patty Khuly, VMD*

16 "Sometimes we do things for free, just because we want to help the pet."

Sandy Willis, DVM, DACVIM, an internal medicine consultant in Seattle, Washington

17 "New staff or training students sometimes practice injections or catheter placements on your pet. If you'd rather not allow your pet to be used this way, make sure you say something beforehand."

Oscar Chavez, DVM

18 "I'll let you in on the secret of no-kill shelters: We had a contract with our local Humane Society that stated we'd euthanize the animals in their care that needed to be put down. One Sunday, they sent us 72 cats to put down. By the end, we were all emotionally devastated."

Jessica Stout-Harris

19 "Behavior issues are the No. 1 cause of pet re-homing, euthanasia, and death. Yet, because it's not

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“I HATE TO BREAK IT TO YOU, BUT YOUR $2,000 DESIGNER DOG IS A MUTT.”

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medical, most of us don't learn much about that in veterinary school."

Oscar Chavez, DVM

20 "Your vet may not have gotten into vet school! Vets who can't get into traditional U.S. veterinary programs due to bad grades and poor test scores often go to for-profit schools in the Caribbean, where, basically, if you can pay the tuition, you get in." *A vet* in California

21 "No regulation says vets have to check certain lists before they euthanize an animal, and lots of vets still do convenience euthanasia for owners who prefer the easy way out. We see a lot of euthanasia in November and December, for example, just because people are getting ready for the holidays. I refuse to do it."

Oscar Chavez, DVM

WHAT YOU SHOULD KNOW

22 "I hate to break it to you, but your $2,000 designer dog is a mutt. Puppy stores and breeders have created these cute names like Morkipoos and Puggles, and now people are paying $2,000 for a dog they couldn't give away at the pound ten years ago. Whoever started the trend is a marketing genius."

Dennis Leon, DVM

23 "I hate retractable leashes. The stopping mechanism pops open so easily, and suddenly the pet is flying to the end of it, and maybe it's into the street or into the jaws of

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another dog. I've had people bring in a pet who got hit by a car because they were using a retractable leash and the stopping mechanism broke."

Bernadine Cruz, DVM, associate vet at Laguna Hills Animal Hospital in Laguna Woods, California

24 "Even though you see vitamins on the shelves in pet stores, healthy pets don't need them. The pet food companies have spent billions of dollars to make sure their food is properly balanced with every vitamin and mineral a pet needs."

A vet in California

25 "Some people are really into a raw-food diet for pets, but it's a huge public health hazard. Think about it: You have raw meat, you're touching it, your dog touches it, and then your dog goes and licks the baby. I've had two patients die and two patients get really sick from it."

Amber Andersen, DVM, a vet at Point Vicente Animal Hospital in Rancho Palos Verdes, California

26 "The cheaper, over-the-counter spot-on flea and tick treatments are extremely dangerous. I've seen animals having violent seizures after using them; I've seen animals die. Ironically, most of these animals still have live fleas crawling all over them."

A vet in California

27 "After their kitten vaccinations, indoor cats don't really need to be vaccinated. They're not going to get rabies sitting inside the house. Vaccines have the potential

CATHERINE LEDNER

"COOKING FOR YOUR PET IS HARDER THAN YOU THINK."

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to create a lot of harm for cats, including possible tumors at the vaccine site."

Jill Elliot, DVM, owner of Holistic Vet in New York and New Jersey

28 "A cold, wet nose on a dog does not necessarily mean he's healthy. I've seen plenty of sick dogs with wet noses." *Mark Howes, DVM*

29 "The biggest mistake pet owners make is calling the vet too late. Pets rarely get colds or the flu, and they almost never get food poisoning. So if they're sick for more than a day, call us."

Sandy Willis, DVM, DACVIM

30 "If your animal is really sick, it's better to bring him in during the morning. A vet I once worked with would do a huge workup when a sick animal came in early. But if the animal came in late in the day, the vet would actually encourage the owner to euthanize. But I would add that this is not common." *A vet* in South Carolina

31 "Unfortunately, I've had to work in low-cost clinics, and many of them are cutting corners to make a profit. Some places give half doses of vaccines instead of full doses, which is totally illegal and ineffective." *A vet* in California

32 "The vets who work for most corporate-owned vet hospitals are paid monthly bonus checks based on how much money they bring in from clients. So if it seems like you are paying more at one of those hospitals, you likely are."

Jessica Stout-Harris

33 "Some people worry that paying for pet insurance will be a waste if they don't use it. But when you renew your fire insurance on your house, do you say, 'Shoot, my house didn't burn down last year—I wasted all that money'?"

Phil Zeltzman, DVM

34 "If we wanted to go into it for the money, we'd have become human doctors." *Oscar Chavez, DVM*

35 "Most vets put themselves through 8 to 12 years of school and have huge student debts. We love animals and want to help them. Most of us start our day early, finish late, and are available for emergencies."

Phil Zeltzman, DVM

WHAT YOU CAN DO

36 "When you're looking for a new vet, always check out the staff. A lot of times they'll be listed online. Look for technicians who are certified or licensed (they'll have RVT, LVT or CVT after their names)."

MeiMei Welker, DVM, outreach vet at DoveLewis Emergency Animal Hospital in Portland, Oregon

continued on page 188

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$35,000 for Pizza!

How Presidential Campaigns Boost the Economy

BY NICOLE ALLAN ● FROM THE *Atlantic*

ILLUSTRATED BY JOHN CORBITT

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Never mind the president's proposed jobs initiatives; this year's race for the White House will offer Americans a surefire economic stimulus. Presidential aspirants will spend more money than ever before—President Obama alone is expected to raise perhaps $1 billion. The candidates will sprinkle money across every state, lining the pockets of high-priced consultants and small-business owners alike. With Obama's record-setting 2008 expenditures as a guide, here's a primer on how just one campaign (so go ahead and double it) might choose to spread its cash around.

TRAVEL: $61 MILLION

AIR TRAVEL: $45 million
Commercial flights: $6 million. Many trips get booked at the last minute.
RENTAL CARS: $3 million
Motorcade: $1,000/day. Staffers rent two to five cars or vans (and recruit volunteer drivers).

STAFF: $65 MILLION

CAMPAIGN PAYROLL: $54 million
Campaign manager: $200,000 a year, typically less than an off-season salary at a consulting firm.
Field organizers: $25,000 each for 18 months, not including occasional perks: housing, meals, photos with candidate.
CAMPAIGN CONSULTANT: $150,000 per election. This can be an individual strategist—for instance, a regional fund-raising expert.

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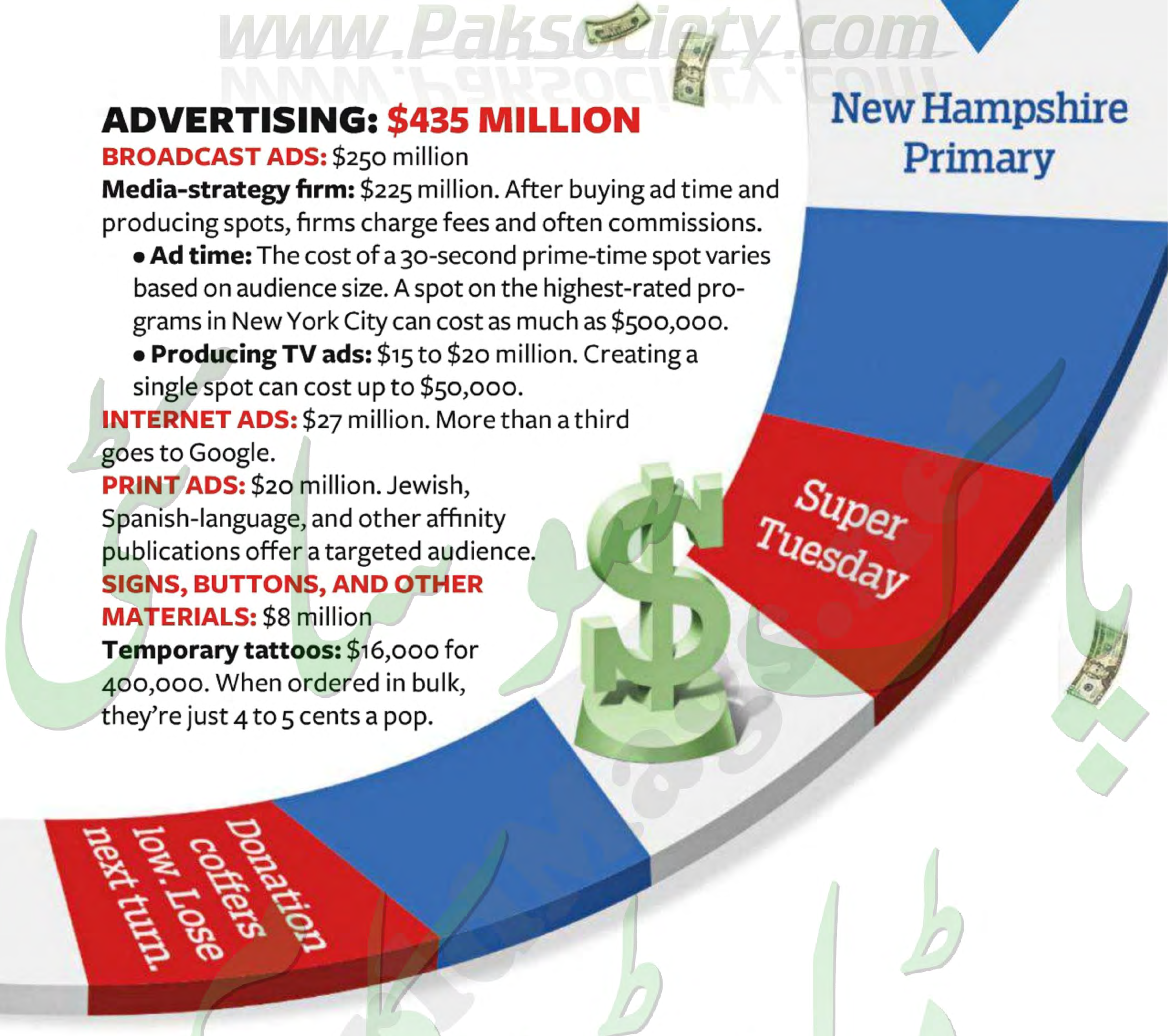

ADVERTISING: $435 MILLION

BROADCAST ADS: $250 million

Media-strategy firm: $225 million. After buying ad time and producing spots, firms charge fees and often commissions.

- **Ad time:** The cost of a 30-second prime-time spot varies based on audience size. A spot on the highest-rated programs in New York City can cost as much as $500,000.
- **Producing TV ads:** $15 to $20 million. Creating a single spot can cost up to $50,000.

INTERNET ADS: $27 million. More than a third goes to Google.

PRINT ADS: $20 million. Jewish, Spanish-language, and other affinity publications offer a targeted audience.

SIGNS, BUTTONS, AND OTHER MATERIALS: $8 million

Temporary tattoos: $16,000 for 400,000. When ordered in bulk, they're just 4 to 5 cents a pop.

OPERATIONS: $54 MILLION

OFFICES: $16 million. A campaign may set up as many as 700 offices around the country.

Rent and utilities: $11 million. Actually a bargain because lots of office space is donated.

Office supplies: $1 million

Computer equipment: $3 million

Furniture/equipment: $600,000

FOOD: $400,000, to keep staffers and volunteers (who work up to 20-hour days for little or no pay) fed and caffeinated.

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FUND-RAISING: $30 MILLION

TELEMARKETING: $25 million. Calling prior donors can generate a 12 percent donation rate, higher than the 3 percent earned by direct mail.

Calls to high-value donors: $16 per conversation. Calls average six to eight minutes.

Scripted calls to new donors: $28 per hour

DIRECT-MAIL FIRMS: $3 million

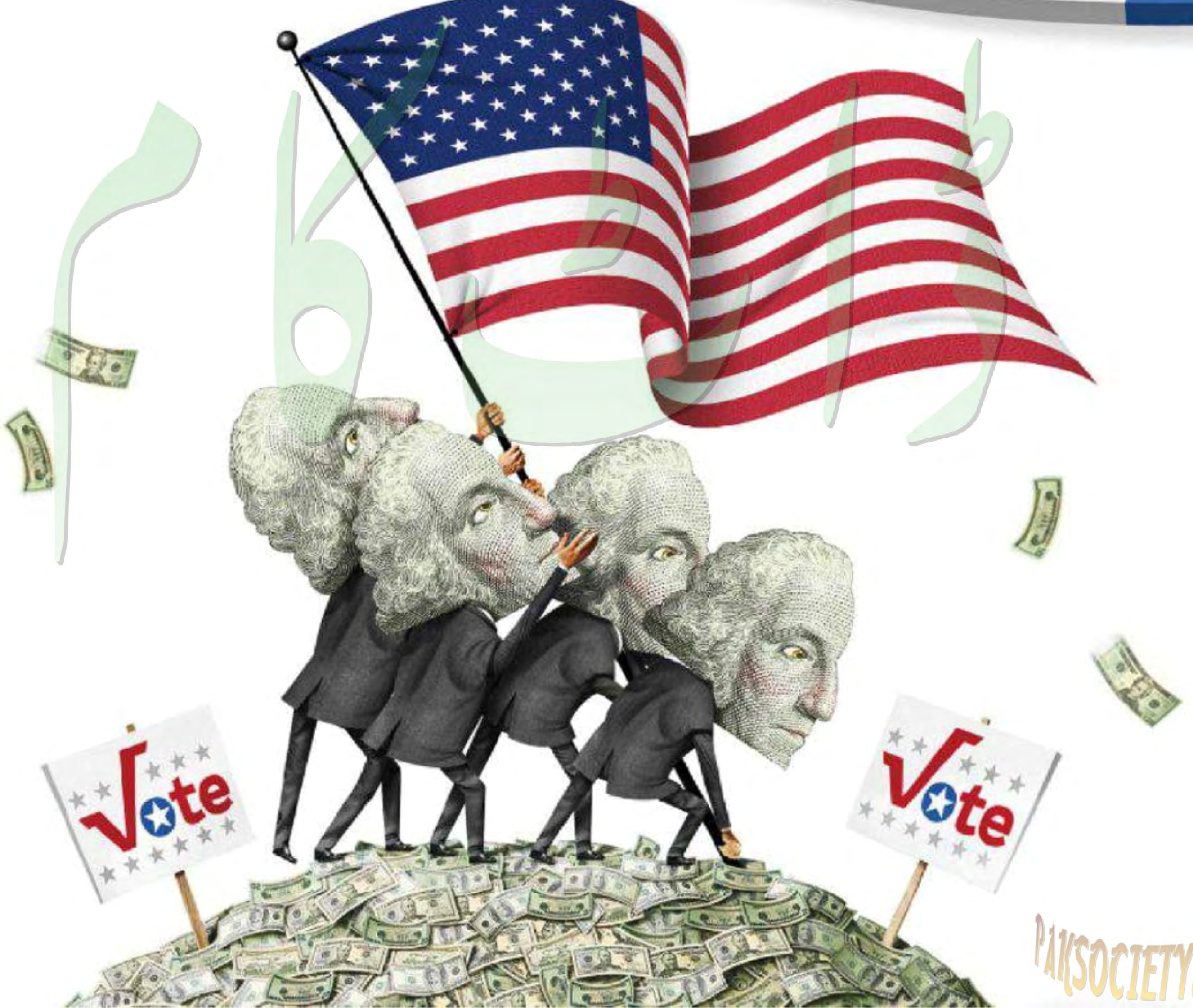
Postage: With their nonprofit status, state political parties can save 5 cents or more per item of mail.

Mail houses: $40 per 1,000 pieces—cost of printing addresses, folding pages, and delivering mailings to post office.

Printing: Extras such as perforated reply cards can add $1,000 to a 75,000-piece shipment.

Convention

Bad debate results. Move back 2 spaces.



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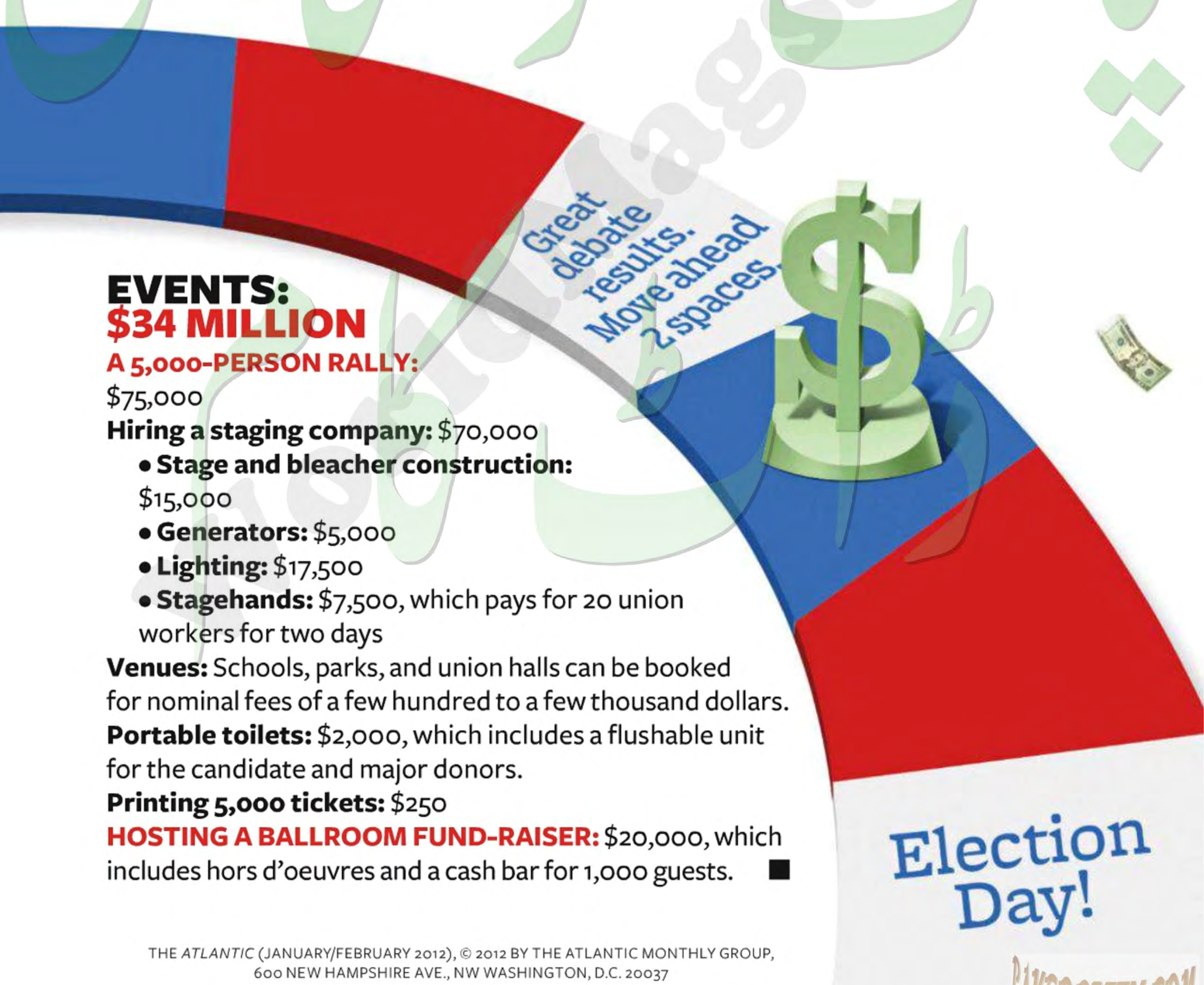
POLLING: $28 MILLION

Phone polls: $25,000 each. Callers conduct ten-minute conversations with 800 people.
Focus groups: $7,000 to $20,000 per session. Firms assemble groups of eight to 14 people to evaluate debate performances, ads, and speeches.



EVENTS: $34 MILLION

A 5,000-PERSON RALLY: $75,000
Hiring a staging company: $70,000
- **Stage and bleacher construction:** $15,000
- **Generators:** $5,000
- **Lighting:** $17,500
- **Stagehands:** $7,500, which pays for 20 union workers for two days

Venues: Schools, parks, and union halls can be booked for nominal fees of a few hundred to a few thousand dollars.
Portable toilets: $2,000, which includes a flushable unit for the candidate and major donors.
Printing 5,000 tickets: $250
HOSTING A BALLROOM FUND-RAISER: $20,000, which includes hors d'oeuvres and a cash bar for 1,000 guests. ■

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The Night I Met Einstein

READER'S DIGEST CLASSIC

A LESSON IN LIFE—AND MUSIC—FROM THE MOST BRILLIANT MIND IN THE WORLD

BY JEROME WEIDMAN

When I was a very young man, just beginning to make my way, I was invited to dine at the home of a distinguished New York philanthropist. After dinner, our hostess led us to an enormous drawing room. Other guests were pouring in, and my eyes beheld two unnerving sights: Servants were arranging small gilt chairs in long, neat rows; and up front, leaning against the wall, were musical instruments.

LEFT TO RIGHT: ADAM GAULT/GETTY IMAGES; ERNST HAAS/GETTY IMAGES

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Einstein often turned to music in difficult times.

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Apparently I was in for an evening of chamber music.

I use the phrase "in for" because music meant nothing to me. I am almost tone deaf—only with great effort can I carry the simplest tune, and serious music was to me no more than an arrangement of noises. So I did what I always did when trapped: I sat down, and when the music started, I fixed my face in what I hoped was an expression of intelligent appreciation, closed my ears from the inside, and submerged myself in my own completely irrelevant thoughts.

After a while, becoming aware that the people around me were applauding, I concluded it was safe to unplug my ears. At once I heard a gentle but surprisingly penetrating voice on my right: "You are fond of Bach?"

I knew as much about Bach as I know about nuclear fission. But I did know one of the most famous faces in the world, with the renowned shock of untidy white hair and the ever-present pipe between the teeth. I was sitting next to Albert Einstein.

"Well," I said uncomfortably and hesitated. I had been asked a casual question. All I had to do was be equally casual in my reply. But I could see from the look in my neighbor's extraordinary eyes that their owner was not merely going through the perfunctory duties of elementary politeness. Regardless of what value I placed on my part in the verbal exchange, to this man his part in it mattered very much. Above all, I could feel that this was a man to whom you did not tell a lie, however small.

"I don't know anything about Bach," I said awkwardly. "I've never heard any of his music."

A look of perplexed astonishment washed across Einstein's mobile face.

"You have never heard Bach?"

He made it sound as though I had said I'd never taken a bath.

"It isn't that I don't want to like Bach," I replied hastily. "It's just that I'm tone deaf, or almost tone deaf, and I've never really heard anybody's music."

A look of concern came into the old man's face. "Please," he said abruptly. "You will come with me?"

He stood up and took my arm. I stood up. As he led me across that

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"Now," he said with a small, troubled smile. "You will tell me, please, how long you have felt this way about music?"

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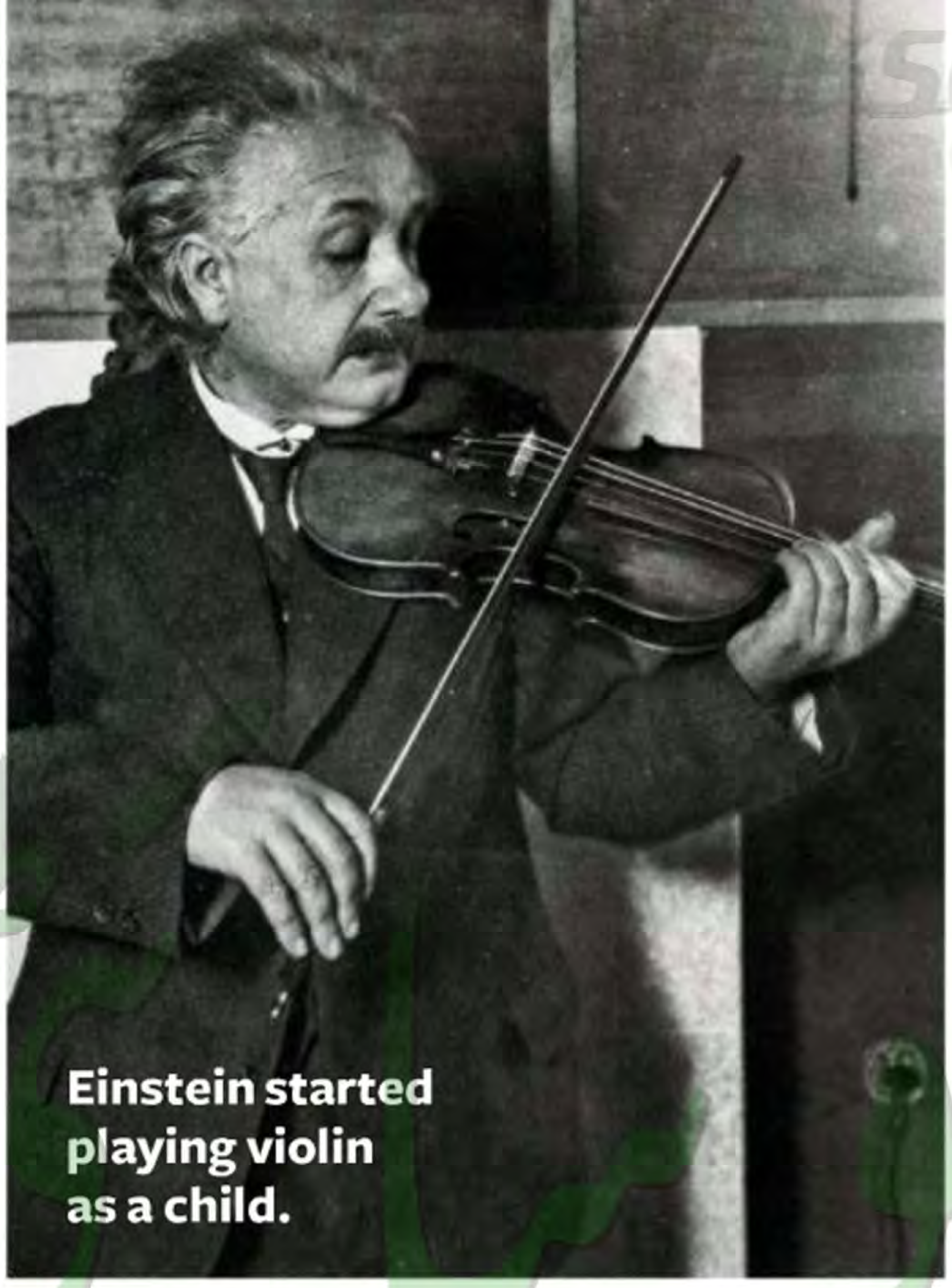

Einstein started playing violin as a child.

E. O. HOPPE/MANSELL/TIME LIFE PICTURES/GETTY IMAGES

crowded room, I kept my embarrassed glance fixed on the carpet. A rising murmur of puzzled speculation followed us out into the hall. Einstein paid no attention to it.

Resolutely, he led me upstairs. He obviously knew the house well. On the floor above, he opened the door into a book-lined study, drew me in, and shut the door.

"Now," he said with a small, troubled smile. "You will tell me, please, how long you have felt this way about music?"

"All my life," I said, feeling awful. "I wish you would go back downstairs and listen, Dr. Einstein. The fact that I don't enjoy it doesn't matter."

Einstein shook his head and scowled, as though I had introduced an irrelevance.

"Tell me, please," he said. "Is there any kind of music that you do like?"

"Well," I answered, "I like songs that have words, and the kind of music where I can follow the tune."

He smiled and nodded, obviously pleased. "You can give me an example, perhaps?"

"Well," I ventured, "almost anything by Bing Crosby."

He nodded again, briskly. "Good!"

He went to a corner of the room, opened a phonograph, and started pulling out records. I watched him uneasily. At last, he beamed. "Ah!" he said.

He put the record on, and in a moment, the study was filled with the relaxed, lilting strains of Bing Crosby's "When the Blue of the Night Meets the Gold of the Day." Einstein beamed at me and kept time with the stem of his pipe. After three or four phrases, he stopped the phonograph.

"Now," he said. "Will you tell me, please, what you have just heard?"

The simplest answer seemed to be to sing the lines. I did just that, trying desperately to stay in tune and keep my voice from cracking. The expression on Einstein's face was like the sunrise.

"You see!" he cried with delight when I finished. "You do have an ear!"

I mumbled something about this being one of my favorite songs, something I had heard hundreds of times so that it didn't really prove anything.

"Nonsense!" said Einstein. "It proves everything! Do you remember your first arithmetic lesson in school? Suppose, at your very first contact with numbers, your teacher had ordered you to work out a problem in,

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“Allow yourself to listen,” he whispered. “That is all.”

say, long division or fractions. Could you have done so?”

“No, of course not.”

“Precisely!” Einstein made a triumphant wave with his pipe stem. “It would have been impossible, and you would have reacted in panic. You would have closed your mind to long division and fractions. As a result, because of that one small mistake by your teacher, it is possible your whole life you would be denied the beauty of long division and fractions.”

The pipe stem went up and out in another wave.

“But on your first day, no teacher would be so foolish. He would start you with elementary things—then, when you had acquired skill with the simplest problems, he would lead you up to long division and to fractions.

“So it is with music.” Einstein picked up the Bing Crosby record. “This simple, charming little song is like simple addition or subtraction. You have mastered it. Now we go on to something more complicated.”

He found another record and set it going. The golden voice of John McCormack singing “The Trumpeter” filled the room. After a few lines, Einstein stopped the record.

“So!” he said. “You will sing that back to me, please?”

I did—with a good deal of self-consciousness but with, for me, a surprising degree of accuracy.

Einstein stared at me with a look on his face that I had seen only once before in my life: on the face of my father as he listened to me deliver the valedictory address at my high school graduation ceremony.

“Excellent!” Einstein remarked when I finished. “Wonderful! Now this!”

“This” turned out to be Caruso in what was to me a completely unrecognizable fragment from *Cavalleria Rusticana*, a one-act opera. Nevertheless, I managed to reproduce an approximation of the sounds the famous tenor had made. Einstein beamed his approval.

Caruso was followed by at least a dozen others. I could not shake my feeling of awe over the way this great man, into whose company I had been thrown by chance, was completely preoccupied by what we were doing, as though I were his sole concern.

We came at last to recordings of music without words, which I was instructed to reproduce by humming. When I reached for a high note, Einstein’s mouth opened, and his head went back as if to help me attain

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what seemed unattainable. Evidently I came close enough, for he suddenly turned off the phonograph.

"Now, young man," he said, putting his arm through mine. "We are ready for Bach!"

As we returned to our seats in the drawing room, the players were tuning up for a new selection. Einstein smiled and gave me a reassuring pat on the knee.

"Just allow yourself to listen," he whispered. "That is all."

It wasn't really all, of course. Without the effort he had just poured out for a total stranger I would never have heard, as I did that night for the first time in my life, Bach's "Sheep May Safely Graze." I have heard it many times since. I don't think I shall ever tire of it. Because I never listen to it alone. I am sitting beside a small, round man with a shock of untidy white hair, a dead pipe clamped between his teeth, and eyes that contain in their extraordinary warmth all the wonder of the world.

When the concert was finished, I added my genuine applause to that of the others.

Suddenly our hostess confronted us. "I'm so sorry, Dr. Einstein," she said with an icy glare at me, "that you missed so much of the performance."

Einstein and I came hastily to our feet. "I am sorry too," he said. "My young friend here and I, however, were engaged in the greatest activity of which man is capable."

She looked puzzled. "Really?" she said. "And what is that?"

Einstein smiled and put his arm across my shoulders. And he uttered ten words that—for at least one person who is in his endless debt—are his epitaph:

"Opening up yet another fragment of the frontier of beauty."

Jerome Weidman was a novelist, screenwriter, and Pulitzer Prize–winning playwright who died in 1998. He wrote the book for the musical I Can Get It for You Wholesale, *which marked Barbra Streisand's first Broadway appearance. "The Night I Met Einstein" first appeared in* Reader's Digest *in November 1955 and is one of the most requested pieces from our archives.* ■

CLEANLINESS IS NEXT TO GODLINESS

When members of my church travel, I remind them to save their motel soaps, shampoos, and mouthwash for the poor whom we minister to. Most are happy to help out.

In fact, when a friend and his wife walked into church carrying a bag filled with motel booty, she announced for all to hear, "Pastor, every time I go into a motel room, I think of you!"

Reed Crumbliss, Lake City, Georgia

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Radical Reefs

Sunken tanks and subway cars make odd but inviting homes for endangered coral

PHOTOGRAPHY BY DAVID DOUBILET

NATIONAL GEOGRAPHIC STOCK

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In a marine sanctuary in the Gulf of Mexico, steel pillars encrusted with sponges protect small fish and buffer the Texas shoreline against wild waves.

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Vivid coral wallpapers the interior corridors of the U.S. Coast Guard Cutter *Duane*. The ship was intentionally sunk in 1987 off Key Largo to create an artificial reef 120 feet below the surface. With the ideal temperature and currents, the reef will continue to flourish.

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It's not easy to sink a tank—or a subway car. Or a shopping cart. The National Artificial Reef Plan regulates the submersion of large objects, assuring that the hunks of junk are thoroughly cleaned before meeting their final resting places. Strict rules about artificial reefs were imposed in the years after bundles of sunken tires damaged natural reefs, broke apart, and washed ashore in the 1970s. This 50-ton M60 Army tank is one of a hundred sunk in 1994 to create an underwater fleet of artificial reefs off the coast of Alabama.

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The residents of the underwater cemetery Neptune Memorial Reef literally sleep with the fishes. Located on the ocean floor off the coast of Miami, columns and arches surround an eerie collection of sculptures made of cement and the cremated remains of about 200 people. Coral and algae will one day completely cover the structures.

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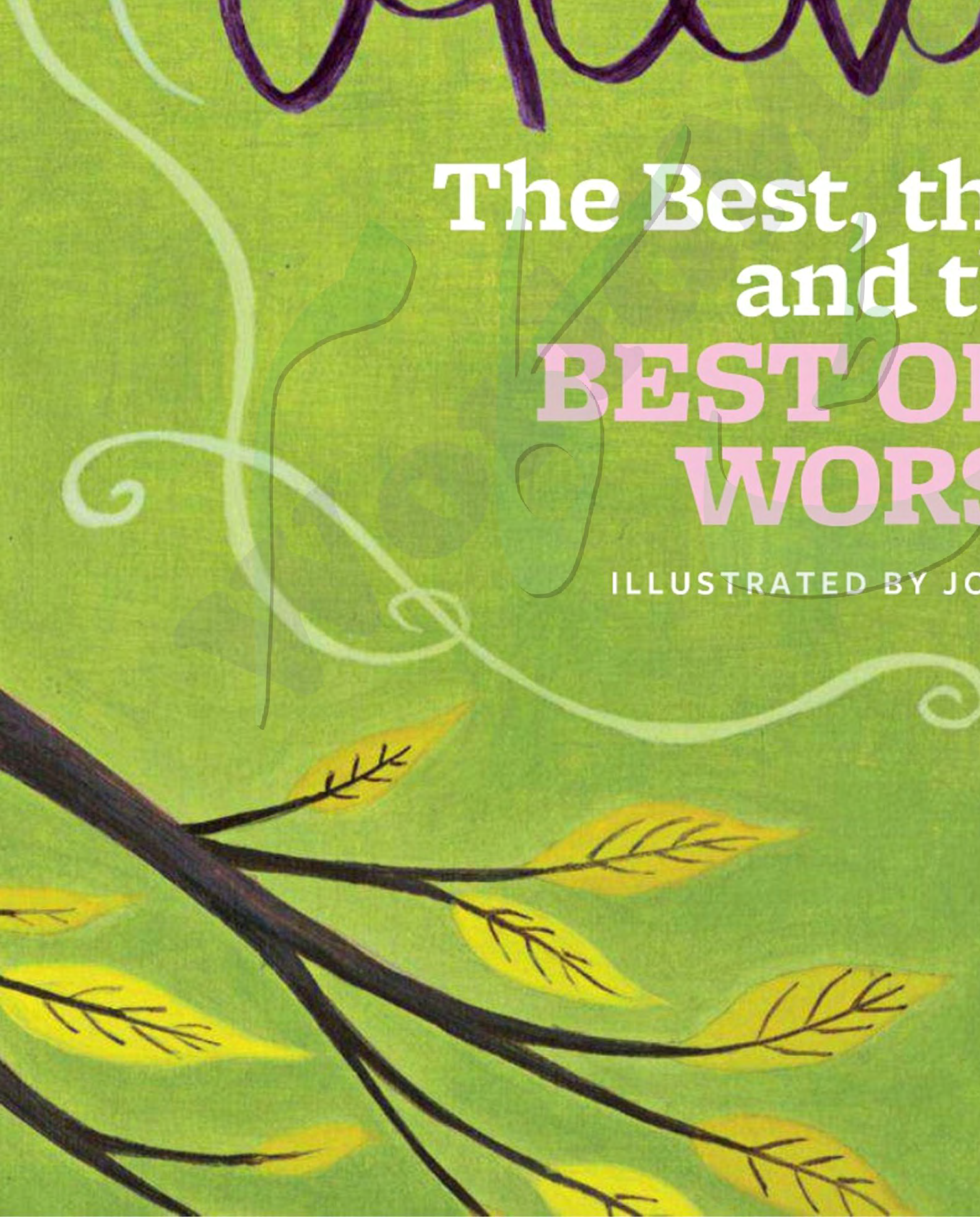
Mom Advice

The Best, the Worst, and the BEST OF THE WORST!

ILLUSTRATED BY JODIE HEWGILL



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How to Be a Lady

BY LEE SMITH

My mother's best advice was also her worst: "If you can't say something nice, say nothing at all"—advice closely linked to her perennial goodbye, "You be sweet, now," administered with a bright red lipstick kiss on my forehead as I went out the door.

Mama was a true Southern lady, and she was raising me to be one, too, though I was not promising material. Born Virginia Marshall but nicknamed Gig, my mother was a home economics teacher who had come all the way across the whole state of Virginia, from her home on the Eastern Shore to our little Appalachian coal town to marry my daddy, Ernest Smith, whose family had lived in these mountains for generations. Mama was determined to civilize Daddy and all the rest of us or die trying. She disdained the heavy mountain corn bread served at almost every meal, and she made "beaten biscuit" from scratch. In fact, she made everything from scratch. She believed in the Food Pyramid the way she believed in God and clean underwear. Mama put flowers on the table every night for dinner, which she called "supper," where she appeared in heels and her "Fire and Ice" lipstick. She loved people and wanted to know all about them. The high school seniors unfailingly elected her "Most Popular" in their class, a running joke that went on for years. She dressed up every day, even to go to the Rexall. Instead of being scorned for these pretensions, she was adored—everybody in town "kindly took a fancy" to Miss Gig.

For Mama followed her own Lady Advice to a T. She was truly sweet, and she was really nice. She knew how to relax a room; she was adept at drawing others out and making them shine. Everybody always had a better time when Gig was there.

As a girl, I learned the Lady Rules by heart, such as "Ladies never mention money" and "Ladies don't sit like that!" (pointing at me).

But as I grew older, I realized that some of these precepts might not be such good advice after all. "A lady never lets a silence fall" could possibly ease some awkward social

BEST MOM ADVICE:

"If you aren't happy at home, you aren't happy anywhere."

ANGIE HARMON

Harmon stars in TNT's *Rizzoli & Isles*.

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situations, but on the other hand, who wants a blabbermouth around? And think about this one: "A lady never causes a scene." What if a lady needs to cause a scene—to right a wrong or protect herself, say?

The most important rule of all, "A lady never expresses direct anger" now seems like downright terrible advice to me. There are times when we all need to express our anger, to speak up for ourselves, to say what we think and do what we must. We all (especially girls) need to be able—enabled—to do this. The flip side of repression is depression, and my sweet, beloved mother suffered from bouts of depression all her life—though of course we didn't mention them.

Lee Smith's most recent novel is Mrs. Darcy and the Blue-Eyed Stranger.

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How to Marry Well

BY ANNA QUINDLEN

My mother was a reserved and gentle person who I suspect was a little disconcerted by my fractious character. Perhaps that's why most of her advice revolved around who I would marry and under what circumstances. (She also talked a fair amount about personal grooming, but I'm pretty sure that, at this point, everyone already knows you should moisturize constantly.) And so:

"Don't marry a man named George."

No idea why, but I didn't.

"Don't have a flower girl at your wedding; they distract from the bride."

Done.

"Find a man who can dance and makes you laugh."

I did, Mom, and we've been married for 34 years. I wish you were still alive so I could tell you so.

Anna Quindlen's new book, Lots of Candles, Plenty of Cake, *is out this month.*

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How to Fathom Men

BY MARTHA MCPHEE

"Men just do that," my mother has said countless times, as observation, exemption, indictment. The refrain could refer to a wandering eye (her brother ran off with his secretary) or too much bravado (the time my stepfather won big in a poker game and came home to throw all the cash into the air for us, his kids, to claim as it fluttered to the ground). It could refer to an emotional stiffness or a love of pranks. It could refer even to a sentimental gesture: the time my stepfather sent my mother gardening seeds in the mail with a note reading, "I'm still thinking about you." It was March; he'd died in November.

Generally, her refrain forgave. Mostly, it was her way of accepting, of choosing to be happy rather than right—a tip she felt the need to impart for what it could save me in time and heartache.

Women of her generation were raised to give men a pass, but as an early feminist she didn't raise me that way. She taught me how to take care of myself so that if a man ever did leave me, I'd be fine. I have spent a lifetime listening to her comment about gender inequality in politics, in business, in sports, in the world of letters; and she champions those women who rise to prominence in a man's world. "Men just do that" flummoxed me; it seemed the exact opposite of what an enlightened woman would say.

Then I grew up. I married. I had a son.

He has, in his eight years, passed through the familiar stages of male preoccupation with sticks, guns, basketballs, footballs, baseballs, and soccer balls, but he loves nothing more than the generalized mayhem of the living room that has been turned into a wrestling arena. He practices the signature moves of the WWE in great leaping dives from the couch, in fake "bone-crushing" body slams of my husband, who "writhes" in pain, who is temporarily stunned, who somehow, in a miraculous burst of energy, makes an unforeseen comeback. My daughter and I flee to the bedroom. Beyond the door, the primary forms of male communication can be discerned as the floor rumbles and shakes.

My daughter looks at me. "Men just do that," I say, before I can catch myself.

Martha McPhee's most recent novel is Dear Money.

BEST MOM ADVICE:

"Make them laugh hard."

GARRY MARSHALL

My Happy Days in Hollywood, Marshall's memoir, is out this month.

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How to Fib About Gifts

BY PATRICIA VOLK

It was the best advice. It was the worst advice. My mother gave it using her favorite method, The Cautionary Tale: "On our first anniversary, I couldn't wait to see what your father was giving me. I imagined the long flat box meant a necklace. Pearls perhaps. But when I opened it, there they were—sock stretchers, two wooden paddles the shape of a foot so his socks would dry without shrinking. My heart was broken, but I thanked him profusely. If you tell a man you don't like a present, he'll stop giving them. *Never tell a man you don't like his gift*."

In high school, taking her advice was a cinch. I loved the ID bracelet engraved HOLLAND ("Hope Our Love Lasts and Never Dies") from Jeff. Stuffed animals, charms for my charm bracelet, and Evening in Paris perfume from Harry. Later, men would give me watches or paintings or rings or books and once a handbag I'd never have treated myself to.

Then I got married. When we lived downtown, he found antiques in the little stores that lined our street. Boulle boxes, a locket, silver frames. When we moved uptown, antique stores were no longer on his way home. The Metropolitan Museum of Art was. Turns out I married an On the Way Home guy, and for the next 27 years, every gift came from the Met shop—fake Faberge earrings, enameled ladybugs, Byzantine bracelets. Mesopotamian beads twice. Did I have to say I loved all these convenient gifts? I yearned to be more than an On the Way Home Wife. Should I have ignored my mother and been direct? I took almost every ersatz bijou back to the Met. The credits piled up.

Once I asked him, in the tenderest way, "Do you ever think of getting me something not from the Met?"

"I like Egyptian ankhs," he said.

My mother stopped getting sock stretchers. She "trained" my father to shop at her jeweler, where she'd have visited earlier and picked out what she wanted.

"What do you think Audrey would like?" Dad would ask David. "I think she'd like a diamond circle

WORST ADVICE:

"Drink diet soda every day for 65 years. Preferably Tab."

ALEC BALDWIN

Baldwin stars in NBC's *30 Rock*.

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pin," the jeweler would say. "What do you think of this one?"

Mom would open the box and squeal, "Cecil, you shouldn't have!" It was their Gift Gavotte. He danced his part with love.

The last present from that husband was a Late Hellenistic choker. Again, I took it back. By then my credit was big enough to buy a William Wegman lithograph of Fay Wray in the tiny shop most people don't know about up the steps in the back.

A present is a present, and what kind of curmudgeon isn't grateful no matter what it is? If I'd loved that husband enough, I would have cherished a mop from him. My Met resentment was a symptom of something larger and darker: He was too hard to love presents from.

Patricia Volk's memoir, How to Be a Woman: Elsa Schiaparelli, Audrey Volk and Me, *is forthcoming from Knopf.*

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How to Grow Up

BY NICHOLAS SPARKS

"My mom had a wonderful way of helping you grow up and realize that your life is going to be what you make it. She had this circular way of making sure you took responsibility for your decisions and the person you would become. She would say, "It's your life, plus social commentary." That's number one. Then, "What you want and what you get are sometimes two entirely different things." And then, "No one ever said life was fair." And she would mingle these comments together in such a way that you could never win an argument, and yet, the result was that you realized your life is going to be what you make it. So I might go to my mom and say, " I'd like to play Pop Warner football." And she'd say, "Well, it's your life, if you wanna go out there and get beat up and bruised and break your knees and limp around the rest of your life, that's fine." Which is when I would say, "Well, you know, that won't happen. I'm really fast." And she would reply, "Well, we don't really have the money." And then I would go, "Yes, but that's not fair." And she would reply, "Well, life isn't fair." Then me: "But I'd really like to." And her: "Yes, but what you want and what you get are usually two entirely different things." It was this combination of these three comments that allowed my mother to lead us down the right path with her influence but let us feel as if we were making the decisions on our own. The sum total of that advice was, in the end, you're responsible for the life you lead. That's the best advice I've ever gotten."

Interviewed by Alison Caporimo. Nicholas Sparks's most recent novel is The Best of Me.

BEST MOM ADVICE:

"You can do anything you set your sights on."

WORST:

"If you play tee ball this summer, you will love it and have a great time."

NATE BERKUS

Berkus hosts a syndicated design show.

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How to Be Proper

BY SISSY SPACEK

Mother would set the table properly for every meal and instruct us on the correct use of silverware, which seemed kind of useless to me. "Why do we have to learn stupid manners?" I'd complain. "It's just gonna slow us down, and we're hungry."

"Because I want you to be able to dine with the president," she would say.

"Oh, Mother, that's crazy."

But sure enough, an invitation came one day from the White House, and I was ready. Thanks, Mother.

From My Extraordinary Life, *by Sissy Spacek with Maryanne Vollers. To be published May 1, 2001, by Hyperion.*

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How to Mix Metaphors

BY PETE NELSON

My mother often gave bad advice but not in the sense that she would recommend a course of action that would prove ill advised. It was bad advice because it was hard to know what she meant—she was prone to malapropisms. When my aunt offered us a mattress she no longer needed, my mother took it, saying, "Never look a gift mattress in the nose." When I seemed to be pushing too hard and not getting enough sleep, she said, "Don't bite the candle off at both ends." So I strive to accept, graciously, all that is given to me and to relax. After all, an apple a day never falls far from the tree.

Pete Nelson's most recent novel is I Thought You Were Dead.

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How to Keep Cool

BY PATRICIA J. WILLIAMS

The most valuable thing my mother ever told me was: "Who's going to remember 100 years from now?" She said it a lot, often accompanied by a world-weary shake of the head. I was a bit of a perfectionist, not an easy child. So when I went overboard, my mother would throw me the lifeline of pulling back, getting a grip, gaining perspective.

It helps to bear in mind that even though it may not be the best of times, it's not the worst; and that life goes on. A hundred years is my mother's generous frame of reference; indeed, she is now nearly a hundred herself, with a long and very sharp memory. She has lived through the Great Depression, World War II, the invention of the atomic bomb, the arrival of men on the moon, and the addictive pleasures of the iPad. She has enjoyed her life by prioritizing the things she invests with mental energy: friendships, family, and good books. She lets go of the petty, the political, the imperfect.

My mother taught me that a century is a good cycle by which to measure the things that matter. By then, the village gossip has died down, whispers have been borne away on the wind, wounds have been healed by the passage of years. A quiet anonymity settles over the errors of our lives, and they fade, forgotten, into the panoply of human frailty and common humanity.

Patricia J. Williams is the author, most recently, of Open House: Of Family, Friends, Food, Piano Lessons and the Search for a Room of My Own.

The Worst Advice in History

Queens are people too! Marie Antoinette's mother offers a grab bag of bad advice that includes: Don't think for yourself, obey commands, and always ask for more advice.

"Have no curiosity—this is a fault which I fear greatly for you; avoid familiarity with your inferiors. Ask Monsieur and Madame de Noailles [the first lady of honor], and even exact of them ... advice as to what ... you should do ... Do not be ashamed of asking advice of anyone, and do nothing on your own responsibility ..." —Empress Maria Theresa

Source: *Great Men and Famous Women*, Vol. 6, edited by Charles F. Horne (FQ Books)

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Five Stupid Internet Reactions

Many responses to online articles are reasoned and articulate. And then there are the rest. If the Internet had been around for 100 years, what comments would people have posted on the biggest news stories of yore? Here are some we might have read.

FROM **cracked.com**

ILLUSTRATED BY PETER ARKLE

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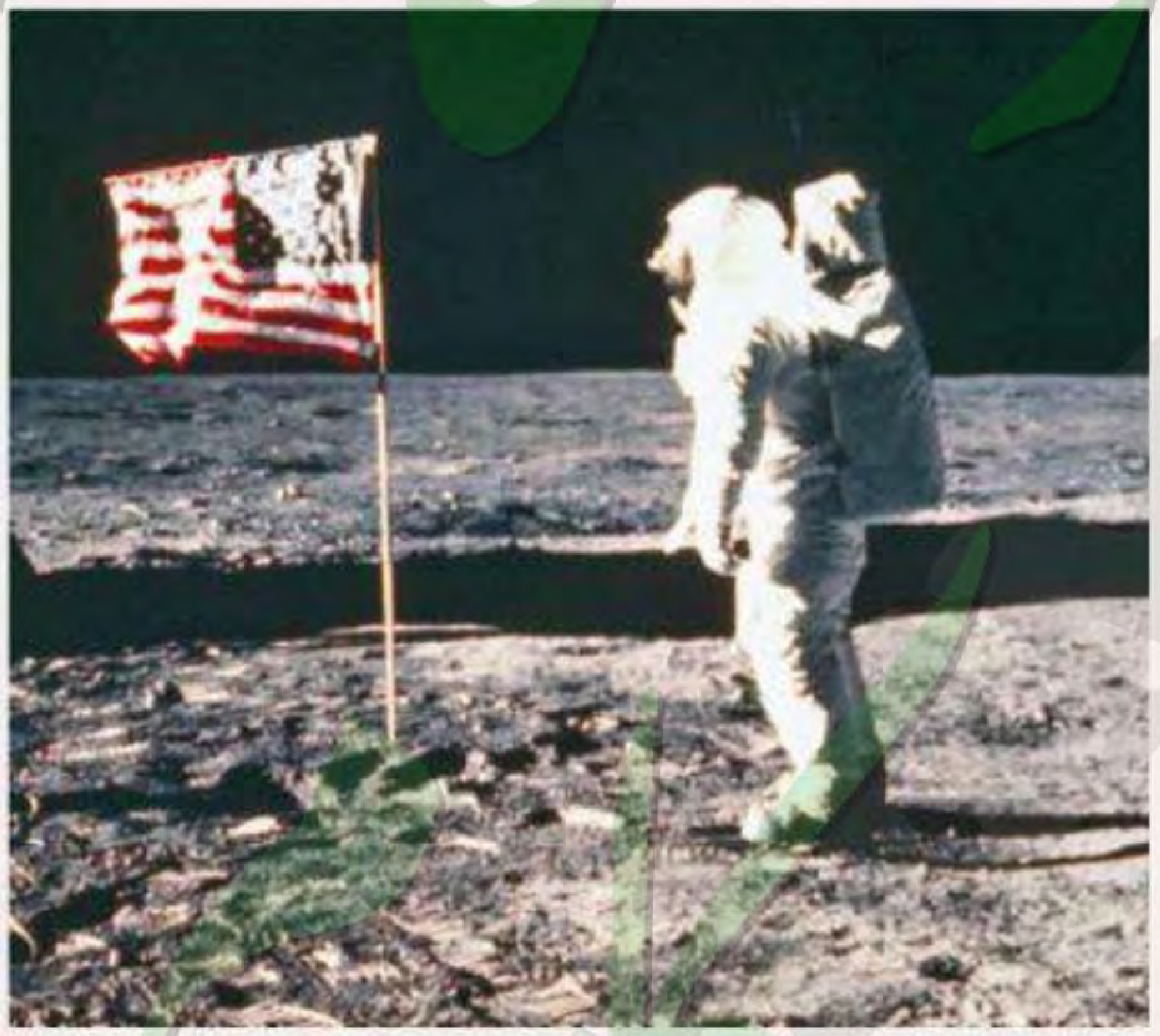
1. The Blasé Response

"Why is this even news? This is just another case of ____." (Fill in the blank with "someone from group X doing stereotypical behavior Y." Like "a right-wing nut job saying something crazy" or "a crybaby liberal seeking attention.") Sound familiar? Sure, some articles deserve the why-is-this-news treatment. But online, even the biggest news events in the history of big news events can fall prey to a similar response. Here are comments we imagine would have been left for one such story ...

Americans Put First Men on Moon



Houston, TX—Just hours ago, American astronauts Neil Armstrong and Buzz Aldrin set foot on the surface of the moon, becoming the first humans ever to do so.

"Whoooooooo!" Armstrong reportedly said in his first words to Mission Control. Both astronauts scrawled "FIRST" on the lunar surface in a gesture previously agreed upon by the NASA team.

Comments

YEEEAAAAAAAAAAAAAAAAAH! GO AMERICA!!!! *bigbandluva42*

OH MY GOD WE DID IT! Congrats to NASA *IkeLiker*

I don't know why everyone is so surprised. We've been pouring money into the space program for years with the sole purpose of putting a man on the moon. Of course, it was going to happen sooner or later. Maybe if we landed someone on the sun it would be a big deal, but I'm not sure why this is such a shocker. *kilroy1945*

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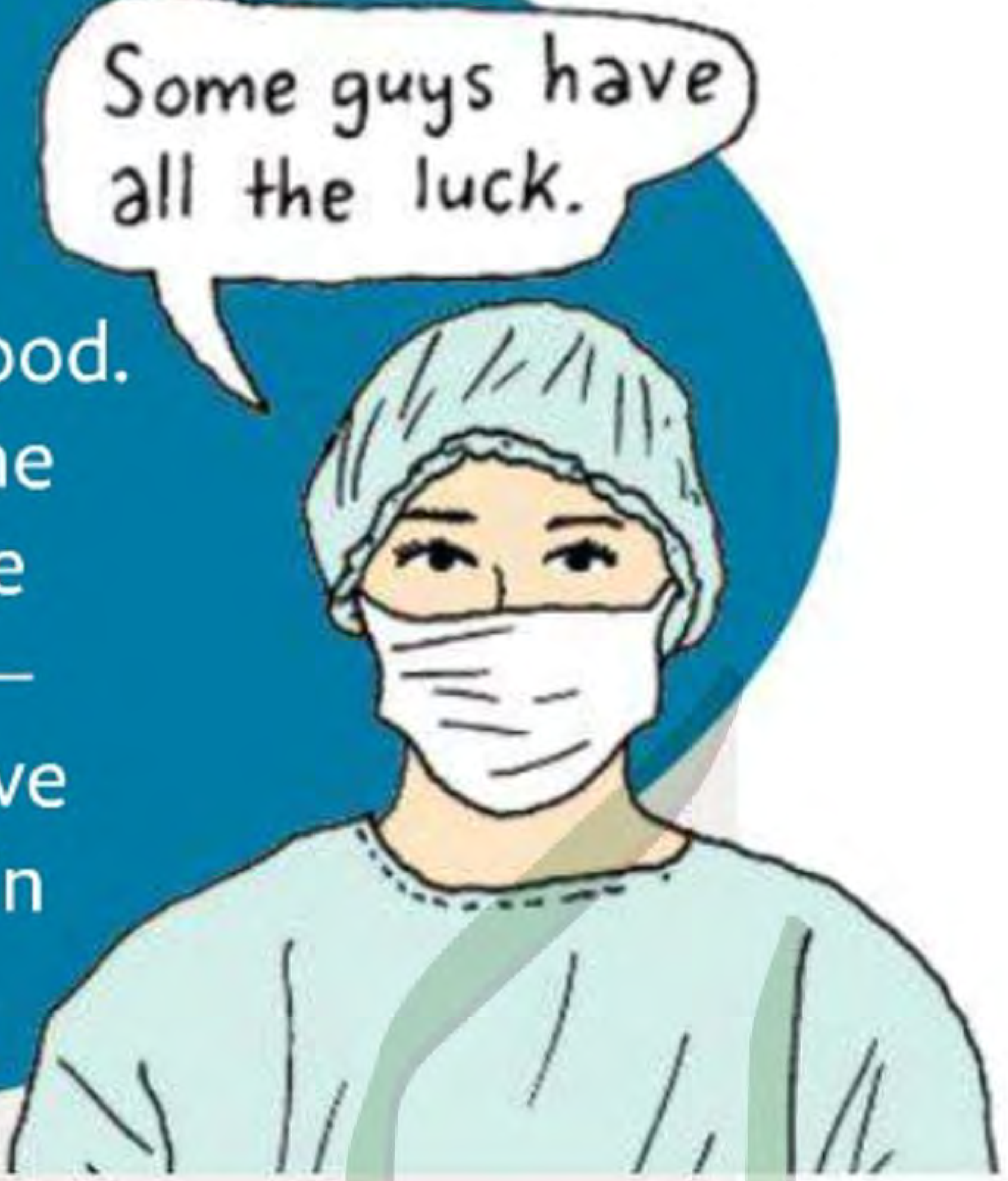
2. A Compulsion to Be Evenhanded



Sure, it's great to be able to see both sides of a story, but sometimes there's only one side. For example, pastrami on rye is good. Pastrami on white is bad. End of story. So why do some people feel the need to make a judgment call on everything they read? You know, the guy who responds to an online article—no matter what the topic—with, "Well, it's hard to make a call here, and we really don't have all the facts, but ...," and then he goes on to find the gray in a black-and-white story. Consider this example:

Dr. Jonas Salk Invents Polio Vaccine

Pittsburgh, PA—Polio, pack your bags! Just this week, Dr. Jonas Salk completely and single-handedly eradicated the scourge of polio. In order to commemorate this red-letter date, photographer John Rieser spent a day capturing the life of America's latest hero. **(click for slide show)**

Comments

That's so amazing. God bless Dr. Salk. I am so glad no child will have to suffer from polio again. *bobbysox3r*

Well, this is a tough one. On the one hand, polio has killed and paralyzed thousands of people all over the world, so on the surface, it would seem to be the bad guy here. But Jonas Salk has been accused of borrowing from other people's research without crediting them, which is a pretty big deal in science, and also I don't think his marriage is doing very well. I can't really see him as an angel, which I guess means polio is the good guy here. Bring back polio! *ClarkGable22*

KEYSTONE FEATURES/GETTY IMAGES

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3. One-Upmanship

Sometimes there's a story about someone doing something absolutely unspeakable, like harming children or wearing socks with sandals. Most of us go, "This person is a monster!" Only one person can post first, though, so once someone has spoken, everyone else feels compelled to say something different—otherwise it's like wearing the same dress as another guest to a party. Even if you say, "This person is inhuman!" it just looks like a cheap knockoff. No, to prove you are a guy who disapproves of psychopaths, you must up the ante.

Berlin Wall Falls!

GETTY IMAGES

Comments

I never thought I'd see this in my lifetime! Congratulations to the German people! ***THRILL3R***

Smashing was too good for that wall! You know how many people it oppressed? That wall should have been ground down to powder, used as kitty litter, and then flushed down the toilet. ***girlsjustwannahavefun***

Are you kidding? Flushing it down the toilet means it would end up polluting the sewer systems of good, democratic people. The wall should have been pulverized, poured into a capsule, shot into space, and forced to watch endless reruns of *Falcon Crest*. ***TheNeverendingGory***

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4. Creatively Filling In the Blanks

Some stories hit the press with few details. Say a cop tazes a student at X University. That's all we know. The student paper publishes it, and soon it goes viral. Some blogger will imagine this poor student just studying when the cop tazed him for "looking at him funny," while others will insist the student was chucking grenades until the cop heroically stopped him by nonlethal means. Then the arguing will commence. Both scenarios are theoretically possible given the lack of facts, but not very likely.

Not pictured: the *Titanic*

Titanic Sinks, Thousands Feared Dead

(BREAKING NEWS) The RMS *Titanic* has reportedly sunk in the Atlantic Ocean. Nobody knows for sure what caused the accident yet, but talks are already in the works for a major motion picture. **UPDATE:** The boat is still sunk. No word on what caused it. We will keep you updated. **(click for more)**

Comments

Oh, no, this is horrible. My prayers are with the victims. *TaftFan*

Did we catch any German saboteurs at the scene, or did they all get away? *TaftHater*

I had a boat sink once, and it turned out to be because I was drunk, and I flipped it over trying to show off. Has there been an investigation into whether the captain was drunk and flipped over the boat? There were many pretty women on the boat. I'm sure this is what happened. *ModelT*

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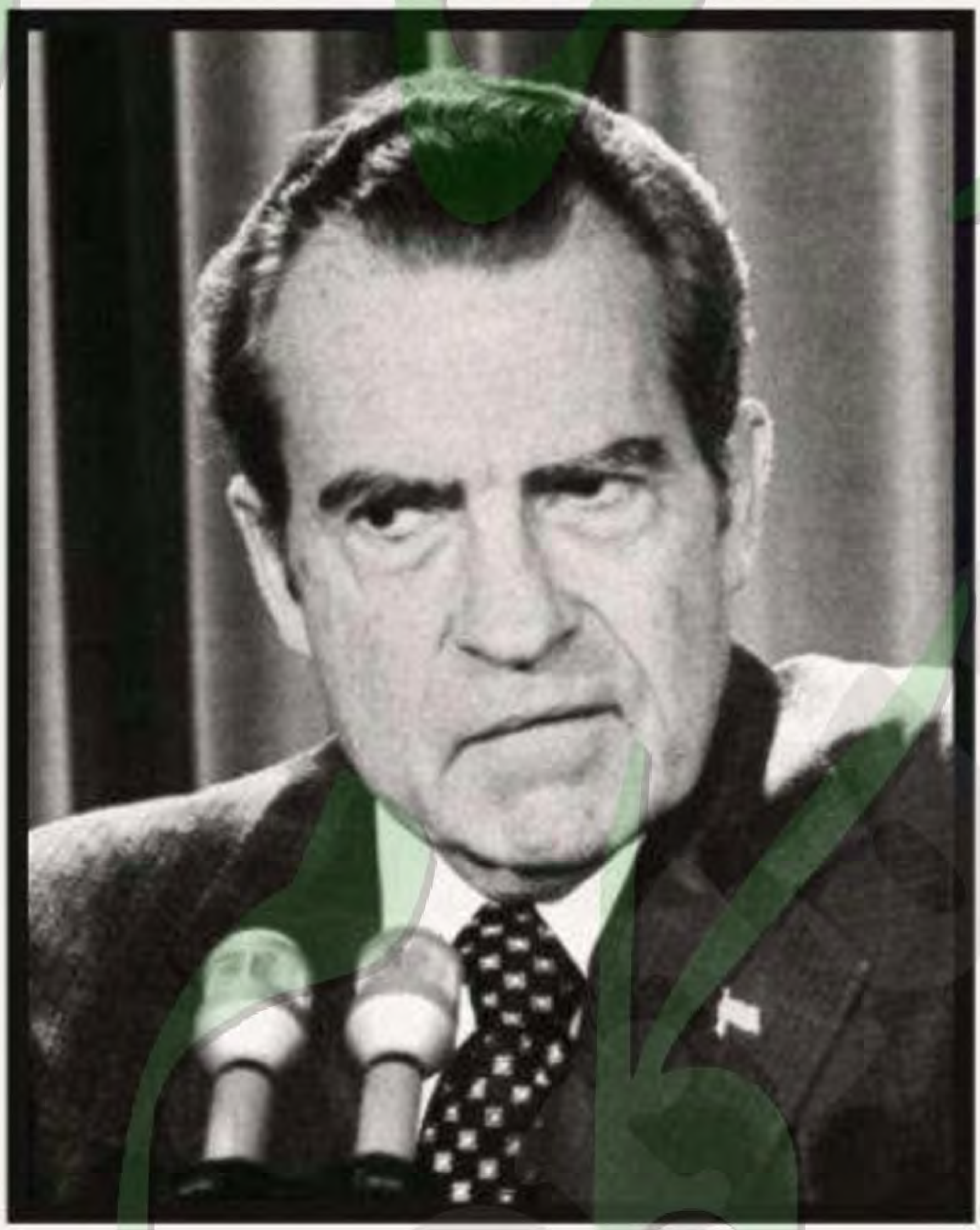
5. Knee-Jerk "We Have to Make a Law!"

We are an indignant bunch, and when things happen that are out of our control, the first words out of our mouths are generally, "There oughta be a law!" Often it's because we want to prevent another such indiscretion. But let's face it, other times people are striking out blindly and wondering how they could have prevented the dastardly deed retroactively. The problem, as they see it, is that the laws we have on the books aren't enough. We need more. Anything! JUST GET THE GUY!



STEVE NORTHUP/TIME LIFE PICTURES/GETTY IMAGES

Nixon Implicated in Watergate Scandal

Washington, DC—It turns out that Richard Nixon may be a crook after all.

Recent evidence indicates that the president himself may have been directly involved in the unfolding Watergate scandal.

(click for more)

Comments

They'll never touch him, he's the president.

DiscoQueen

What if we made a law against having jowls?

bellbottombaby

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... Differently

Remember singing "99 Bottles of Beer on the Wall"? Well, if you were stuck in a Russian settlement on the archipelago of Svalbard, Norway, you might have been sufficiently bored, or inspired, to create whole walls from vodka empties. The "House of Flasks" was built by a married couple and used as a community grill in frigid Pyramiden, a mining town that once had over 1,000 inhabitants. In 1998, Pyramiden was suddenly deserted by its owner, the state-owned Russian company Arktikugol Trust. Now a ghost town, it's being refurbished for tourists. But if you're in a hurry to visit, you can try staying in the sole hotel—made out of shipping containers!

DIRK RASMUSSEN

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DECODE YOUR DOCTOR'S LANGUAGE

BY JOE KITA

MEDICALSPEAK IS FILLED WITH TRICKY SHORTHAND THAT CAN BE **CONFUSING, CONDESCENDING, AND EVEN LIFE THREATENING.** BE YOUR OWN INTERPRETER WITH THIS CHEAT SHEET.

PHOTOGRAPHED BY DAN WINTERS

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As if it weren't hard enough to negotiate the health-care system, there are more than 36,000 abbreviations for diseases, doctors, drugs, diagnoses, and even deprecatory remarks. Although originally intended to simplify communication, medical acronyms have become an intricate and often confusing second language.

Neil M. Davis, professor emeritus at Temple University's School of Pharmacy, has been chronicling this system for the past 30 years and lists numerous dangerous terms in his book *Medical Abbreviations: 32,000 Conveniences at the Expense of Communication and Safety*. For instance, *D/C* can mean "discharge" and "discontinue medication," *QD* ("once daily") can be read as *q.i.d.* ("four times daily"), and *BO* can stand for "bowel open" and "bowel obstruction."

Sometimes the results of such ambiguities can be humorous (one patient received three drops of an antibiotic solution "in the rear" rather than "in his R [right] ear"); but other times they can be tragic (one infant died in 2001 after receiving 5 mg of morphine instead of .5 mg, which should have been written as *0.5*).

Davis advocates for industry-wide standards, similar to what the FAA has done in aviation. But until that happens, you need to be your own interpreter. To ensure that all this shorthand doesn't shortchange your health care, we've collected some of the most helpful and interesting medical abbreviations on the following pages.

BREAK THE CODE FOR EMERGENCIES

If you've ever been in a hospital and heard a code announced over the loudspeaker that sent the staff scampering, you've probably wondered what was going on. Now you know:

CODE
RED
"Fire"

BLUE = adult medical emergency

WHITE = pediatric medical emergency

PURPLE = child abduction

GRAY = combative person

SILVER = combative person with a weapon and/or hostage

YELLOW = bomb threat

PINK = infant abduction

ORANGE = hazardous-materials spill

BROWN = bed full of excrement

(Note: Emergency codes can differ from hospital to hospital.)

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HANDLE ANY HEALTH SCENARIO

Our friends at *The Doctors* television show shared some abbreviations they use to care for patients that can help you at home too. But remember they're just rough guides—you should still call your doctor for any worrisome symptoms that don't fit these mnemonics.

- **Travis Stork says:** To recognize and react to a stroke, think ... **FAST** = Facial droop, Arm weakness, Slurred speech, Time to call 911.
- **Drew Ordon says:** To tell if a mole might be cancerous, remember your ... **ABCDE** = Asymmetrical shape, Border irregularity, Color variation, Diameter larger than ¼-inch, Evolution (change over time).
- **James Sears says:** To treat diarrhea and upset stomach in kids or adults, eat ... **BRATTY** = Bananas, Rice, Applesauce, Toast, Tea, Yogurt.
- **Lisa Masterson says:** To gauge your osteoporosis risk factors, use ... **ACCESS** = Alcohol use, Corticosteroid use, low Calcium levels, low Estrogen levels, Smoking, Sedentary lifestyle (they all may raise your risk).

COURTESY CBS TELEVISION DISTRIBUTION/STAGE 29 PRODUCTIONS

DAILY LIVE TIPS, STAT!

Check local listings to see *The Doctors*, featuring reconstructive surgeon Drew Ordon, MD; pediatrician James Sears, MD; ob-gyn Lisa Masterson, MD; and ER physician Travis Stork, MD. Visit rd.com/april to see when *Reader's Digest* editor-in-chief Liz Vaccariello will be on the show.

UH-OH

Sometimes shortcuts are an easier way of noting that something really bad is either about to happen—or already has.

AV = Anticipatory Vomiting

P&E = Prep & Enema

BTHOOM = Beats The Hell Out Of Me

GOK = God Only Knows

FUO = Fever of Undetermined Origin

CYA = Cover Your Ass (there's been a screwup)

UFO = Unidentified Foreign Object

NWS = New World Screwworm (parasitic infection)

AND = Allow Natural Death

MDT = Maggot Debridement Therapy (use of fly larvae to clean wounds)

MFC = Measure For Coffin

DRT = Dead Right There (at scene of accident)

DRTTT = Dead Right There, There, and There (at scene of accident, in multiple parts)

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RECOGNIZE INSIDER INSULTS

Thankfully, these crude acronyms aren't used regularly in health-care settings, but an unflattering comment may occasionally slip out during a particularly frustrating situation. Some of the more shocking slang:

PITA = Pain In The Ass

FLK = Funny-Looking Kid

FABIANS = Felt Awful But I'm All right Now Syndrome

PMS = Poor Miserable Soul

DINK = patient who Did Not Keep appointment

GOMER = Get Out of My Emergency Room

D&D = Divorced & Desperate (middle-age female who visits doctor weekly for male attention)

HIBGIA = Had It Before, Got It Again

HONDA = Hypertensive Obese Noncompliant Diabetic Adult

LOLINAD

"Little Old Lady In No Apparent Distress"

DECIPHER YOUR LABS

Your blood test results may contain abbreviations for some important components. Here's what they mean:

IMMUNE FUNCTION

WBC = White Blood Cell count (infection fighters)

PROSTATE HEALTH

PSA = Prostate-Specific Antigen (prostate cancer marker)

ENERGY LEVELS

RBC = Red Blood Cell count (oxygen transporters)

MCV = Mean Corpuscular Volume (size of average red blood cell, gauge of anemia)

MCH = Mean Corpuscular Hemoglobin (amount of hemoglobin in red blood cell, gauge of anemia)

HEART DISEASE

HDL = High-Density Lipoprotein (good cholesterol)

LDL = Low-Density Lipoprotein (bad cholesterol)

VLDL = Very-Low-Density Lipoprotein (very bad cholesterol)

apoB = apolipoprotein B (heart-disease marker)

CRP = C-Reactive Protein (measure of arterial inflammation)

LIVER & KIDNEY DISEASE

GGT = Gamma-Glutamyl Transpeptidase (liver-disease marker)

ALT = Alanine Transaminase (liver-disease marker, can also appear as SGPT)

BUN = Blood Urea Nitrogen (gauge of kidney function)

A MEDICAL TRANSLATOR IN YOUR POCKET

Quickly figure out any medical abbreviation anywhere with access to the *Medical Abbreviations* database. A one-year, $19.95 subscription allows you to search 36,000 abbreviations from your computer and such mobile devices as the iPhone, iPad, BlackBerry, and Android. Visit medabbrev.com for details.

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DOUBLE-CHECK FOR DOUBLE MEANINGS

Don't be embarrassed to ask for verification of something you don't understand, especially if it involves a medication. Here, a look at how confusing some letter combinations can be:

ABC
Advanced Breast Cancer **or** Applesauce/Bananas/Cereal diet

BP
Bedpan **or** Bypass

CR
Cardiac Rehabilitation **or** Colon Resection

CST
Cardiac Stress Test **or** Convulsive Shock Therapy

GA
General Anesthesia **or** Ginger Ale

GC
Gastric Cancer **or** Good Condition

HD
Heart Disease **or** Herniated Disk

HT
Hammertoe **or** Head Trauma

IM
Ice Massage **or** Infectious Mononucleosis

LB
Left Breast **or** Left Buttock

LLD
Late-Life Depression **or** Leg-Length Differential

MS
Milk Shake **or** Morphine Sulfate

R&R
Rest and Recuperation **or** Remove and Replace

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What It's Like To...

- Deliver your wife's baby
- Fly
- Kayak over a waterfall
- Find a stash of cash, then return it
- Win a game show

AS TOLD TO LISA GOFF

COURTESY ERIK BOOMER

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Christie Glissmeyer kayaks over Oregon's 82-foot Metlako Falls.

To watch a video of the descent, download the *Reader's Digest* app or go to rd.com.

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"I Delivered Jordan in My Kitchen"

Josh Levs

"About three weeks before her due date, my wife, Melanie, suddenly doubled over in pain and started having intense contractions. One minute she was fine, the next minute she was moaning, all the agony of childbirth hitting her in a single wave. She managed to squeeze out a sentence: 'Call an ambulance.'

"I knew something was wrong, but I didn't think, Oh my God, I'm about to deliver my baby. It wasn't until the 911 operator started giving me instructions on how to catch the baby's head that I realized what was about to happen.

"I felt a hard-charging rush of adrenaline and extreme focus. There was no time to think or consider options. Whatever emotions were there—nervousness, confusion, fear—were crushed under the weight of doing the right thing in a situation with life-or-death stakes for my own baby. Obviously, I was overwhelmed. But I knew in that moment that I had this responsibility whether I wanted it or not, and I was going to do everything I could to bring my baby into this world, to help my wife, and to keep in mind my older child, Ryan, then three, who was standing on the other side of the room. (Doctors told me later that letting him stay in the room, but at a distance, was the right call.) So while I was on the phone with 911 and focusing on the delivery, I kept saying to him things like 'Don't worry, buddy. Everything's fine. This just happens.'

"I saw the baby's tiny face, then the umbilical cord wrapped around its neck."

"My wife was doing all the hard work, but I could see that she was OK. Even though she couldn't talk, I saw that she was breathing and following my instructions, in pain but not in danger. Then I saw the very top of the baby's head emerge—a shock even though I knew it was coming—then a tiny scrunched-up face, and then the umbilical cord wrapped around the neck. All the way up, like a turtleneck. The baby's eyes were shut, and it was not moving. My adrenaline went from overdrive to supersonic.

"After the baby was all the way out, the 911 operator told me to sever the umbilical cord. But I remembered a story about friends

PHOTOGRAPHED BY TAMARA REYNOLDS

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"This will always be an experience that we shared," says Levs, with Jordan, top, Melanie, and Ryan.

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of ours whose baby was born blue and lifeless. It turned out he was still getting oxygen from the umbilical cord. He didn't breathe for about two minutes, but he was fine. I was not going to tie off the umbilical cord with a shoelace, as 911 instructed, until I saw my child breathe.

"The baby was so fragile, a small, purplish-reddish body covered in blood and goo. I was holding not only the baby but also some of what had given it life. I started to unravel the umbilical cord. One, two, three, four, five times to remove it from the baby's neck.

"Then I followed the operator's instructions to lay the baby down on the floor. I didn't stop to check the gender. Its eyes were closed; there was no sign of any kind of movement. I didn't know if I was witnessing life or death.

"The baby's eyes were closed. I didn't know if I was witnessing life or death."

"I stroked the baby gently a couple of times, and I could hear the 911 operator telling me she could give me CPR instructions. But then miraculously, the baby's eyes popped open. It appeared to be breathing. That moment—the eyes opening—was not about joy or a celestial choir suddenly singing from the heavens. It was hope. I had hope that my baby would live.

"That's when the paramedics arrived. My son and I raced downstairs to let them in, and by the time we charged up the stairs again, they had checked my wife and the baby. I said, 'Just tell me the baby's breathing, and they're both OK.'

"'You did great, Dad,' one of them said. That's when I took a breath. My wife said, 'It's a boy.'

"I am in awe of my wife and women everywhere who go through childbirth. The day I helped deliver my son, I felt a sense of connection to my family that will never fade. Forever it will have been just the four of us in that room, each of us doing our best for one another. So while I wouldn't wish this experience on anyone, and we would never choose to repeat it, I'm grateful that it happened to me.

"Professionally, it's easy to get lost in my ambition. But in that moment of delivering my son, the game of life that we call 'success' didn't exist. Having a child isn't part of that game. It's real, immediate, and primal, the very stuff of what actually matters: love. And that's another thing I will never forget."

Levs, an anchor for CNN, lives with his family in Brooklyn, New York.

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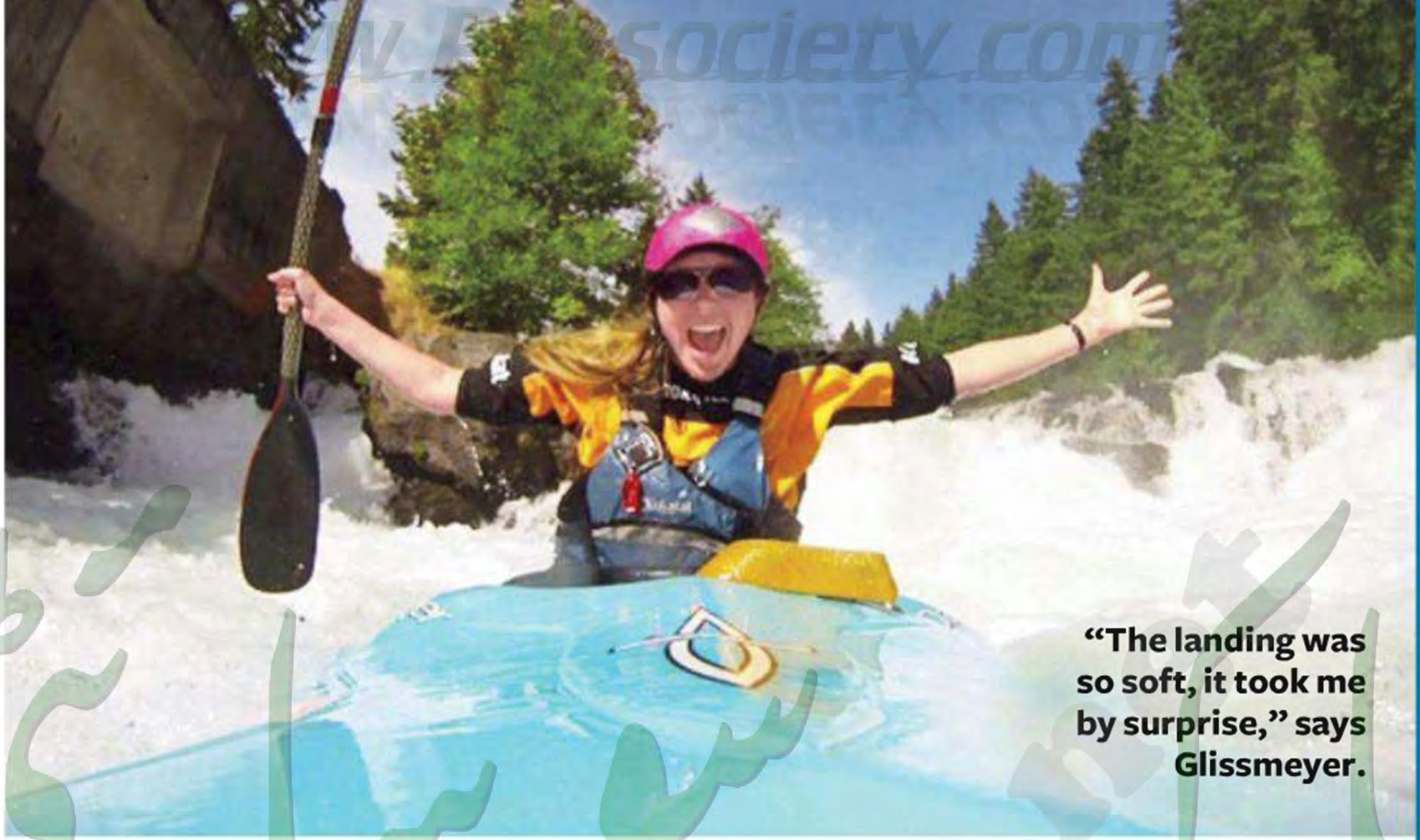

"The landing was so soft, it took me by surprise," says Glissmeyer.

"I Fell So Fast"

Christie Glissmeyer

"Riding a kayak over a waterfall isn't just a matter of flinging yourself off a cliff, but there's a moment when that's exactly what you're doing. Just before you get to the lip of the falls, all you see is the horizon line, quivering at the edge of a big empty space. It's like those ancient maps that show parts of the world getting swallowed up by the ocean. I had reached the end of the earth. The whole world just dropped away, and I felt very small. And then I really had to pay attention because I was falling facedown into a speck of water seven stories below me.

"I snuggled into the kayak. I was sitting cross-legged with my knees hooked under the sides. You have to tuck your body in right before you land, altering the direction of the kayak slightly so it will hit the water at the right angle. But if you tuck in too soon, you'll lose your grip on the kayak—like flipping over the handlebars on a bike.

"It takes such a long time to fall. I counted one, two, three, four. I felt a little sick to my stomach, but I couldn't take a breath, because I was falling so fast.

"I tucked in and set my angle for landing. I went from hurtling down inside a curtain of falling water to being enveloped by the white water, to bobbing on the surface of a pillowy white pool. My touchdown was actually very soft, like landing in bubbles. I was exhilarated when I finished, then totally exhausted for the next two days. It was a completely satisfying experience. I might do it again someday. Just walk out one afternoon and do it."

Glissmeyer is a nursing student at Columbia George Community College in The Dalles, Oregon.

COURTESY CHRISTIE GLISSMEYER

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To watch a video of Holubeck in action, download the *Reader's Digest* app or go to rd.com.

Holubeck in his wing suit before a jump in China; above, flying near the Eiger, a mountain in the Swiss Alps.

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"I Jump Off the World's Highest Cliffs"

Barry Holubeck

"I like to go alone to a cliff on the backside of the Jungfrau, one of the tallest mountains in the Swiss Alps. You don't need anyone else to help you jump off a cliff, just your wing suit and parachute. I usually sit for a few minutes near the edge, taking in a view that very few people ever see. Blue glaciers, green trees, white cliffs. If I listen closely, I can hear water flowing inside the glaciers.

"I check my gear and step over the edge. The first couple of seconds are a vacuum of time while you're waiting for things to happen. I get about three seconds of euphoria and of complete calm and freedom from the rest of my life. Then I snap to attention because I have four seconds to save my own life.

"You're falling at 35 mph. You want to get as far away from the side of the mountain as possible, so you angle your body away. It's similar to diving into a pool—you want to do a swan dive, not a belly flop. Your head should be pointing a bit below the horizon.

> **"After four seconds, the wing suit inflates. Suddenly you're not falling, you're flying."**

"At four seconds, your wing suit inflates. Suddenly you're not falling anymore, you're flying. Really flying. You start to gain altitude, flying above the cliff where the birds are or skimming the tops of trees and the edges of rocky cliffs. By the ten-second mark, you're going 120 mph. The cliffs that looked so snowy from a distance are rocky and jagged close up. The glacier is full of ominous deep blue cracks. You can fly along the side of the cliff for several minutes, or above it, in open space, for a little under two minutes. Emotions run from joy to anxiety. If you fly close to the wall, you're thinking every second, staying in control of your position. It's almost like you're attacking the terrain, competing with it. Can you avoid crashing? Have you left enough time to open your parachute? But if you fly above the cliff in open space, it's a feeling of complete freedom.

"You feel your heart beating harder as you pull the parachute cord—it's like being on the edge of the cliff again, taking that first step into empty space. Once your chute inflates, that's when the anxiety of concentration evaporates."

Holubeck is a skydiving and BASE jumping instructor. He lives in San Diego, California.

COURTESY BARRY HOLUBECK

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"I Found $45,000 in My Attic"

Josh Ferrin

"It was the afternoon we closed on our new house, and I was in the workshop of the garage. I noticed a scrap of carpet sticking out of the ceiling; that was strange. I pulled on it, and an access panel to the attic popped open. I grabbed a ladder and headed up.

"I climbed into a space above the workshop that was walled off from the rest of the attic. As my eyes adjusted to the dark, I saw a metal container that I recognized as a World War II ammo box; my grandfather used to store tools in ammo boxes on his farm. I opened the lid and freaked out at what I saw: several rolls of money tied up in orange twine. *Holy cow*, I thought, *I've found, like $800. Awesome!*

> **"I found seven boxes full to the brim, plus two big trash bags full of cash."**

"But there was more than one box of money. I found another seven boxes full to the brim, plus two big black trash bags full of cash. In all, about $45,000. In my attic. I won't lie, my first thought was that this was a blessing from God—the means to fix up this run-down house; to adopt a child, something we'd talked so long about doing; or just to use to make life easier for our two young sons, who were seven and four. But I knew as soon as I had indulged those fantasies that the right thing was to return the money to the prior owners. So I called them and asked them to drop by.

"They were shocked, of course, not only about the money but that I was returning it. They had recently inherited the house and said it must have been their dad who had hidden the money. What made him do it? I thought about the hundreds of times he had gone to his shop, cut off a length of orange twine, and bound up a roll of money. I like to think he did it for his children.

"There were balls of that orange twine still hanging on the wall of the workshop when we moved in. I used them to tie up Christmas presents last year, for my kids. I hope it reminded them of the gift greater than money that my wife and I gave them by returning the $45,000: the gift of radical honesty. We did the right thing, and our children will never forget that."

Ferrin lives in Bountiful, Utah, with his wife and two kids. He is an artist for the *Salt Lake City Deseret News.*

FROM TOP: COURTESY SHERRY FERRIN, COURTESY JOSH FERRIN

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"It didn't feel right to do anything but give it back," says Ferrin.

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"I Won on Jeopardy!"

Denis Theriault

"I've been screaming at the TV screen during *Jeopardy!* since I was in fifth grade, but that didn't prepare me for standing face-to-face with Alex Trebek, my makeup washing down the neck of my shirt in rivers of sweat and my hand hovering over the buzzer.

"Despite the sweating, things were going well. My strategy (never guess!) had put me way out in front, with twice as much money as my competitors. I was riding the rhythm of the buzzer and paying attention to every rapid-fire clue. What is convection? What is *Gravity's Rainbow*? You can't stop to gloat over an answer you got right or despair over a stupid mistake, because by that time, you've missed the next three clues.

"There's no time to despair over a mistake, because you'll miss the next three clues."

"I felt even more relaxed and confident after the bit Trebek does with the contestants about midway through the show. I talked about my obsessions—TV theme songs and presidents of the United States—and the audience seemed to approve.

"My heart was pounding when Trebek unveiled the Final Jeopardy category: TV Theme Songs. Oh my god! The audience gasped audibly, and Trebek reassured them that this was just a fluke. But now I really couldn't lose. My feet lifted off the ground for a minute.

"They give you 30 seconds to figure out how much of your winnings you want to bet on the final question. I scribbled madly on a pad of paper, figuring out how little I should bet in order to protect my huge lead. It was $199. Agony! I could bet the rest of my winnings, over $18,000, and almost certainly double them.

"Two things flashed through my head. The first was me as a child watching *Jeopardy!* with my grandfather. 'Gamble!' he would yell, encouraging them to take big risks. The second was an episode of *Cheers* in which Cliff, the loser mailman, is miraculously poised to win on *Jeopardy!* and then blows it all by making a greedy bet on Final Jeopardy. I had to ignore the spirit of Pappy and remember the lesson of Cliff. I wrote down $199.

"And, of course, I knew the question to the answer when Alex Trebek read it. I felt a flash of remorse that I hadn't gone for it all. But then a wave of joy and pride wiped it out. I had won *Jeopardy!* I was the champ, and I would return.

"Which I did, about 45 minutes

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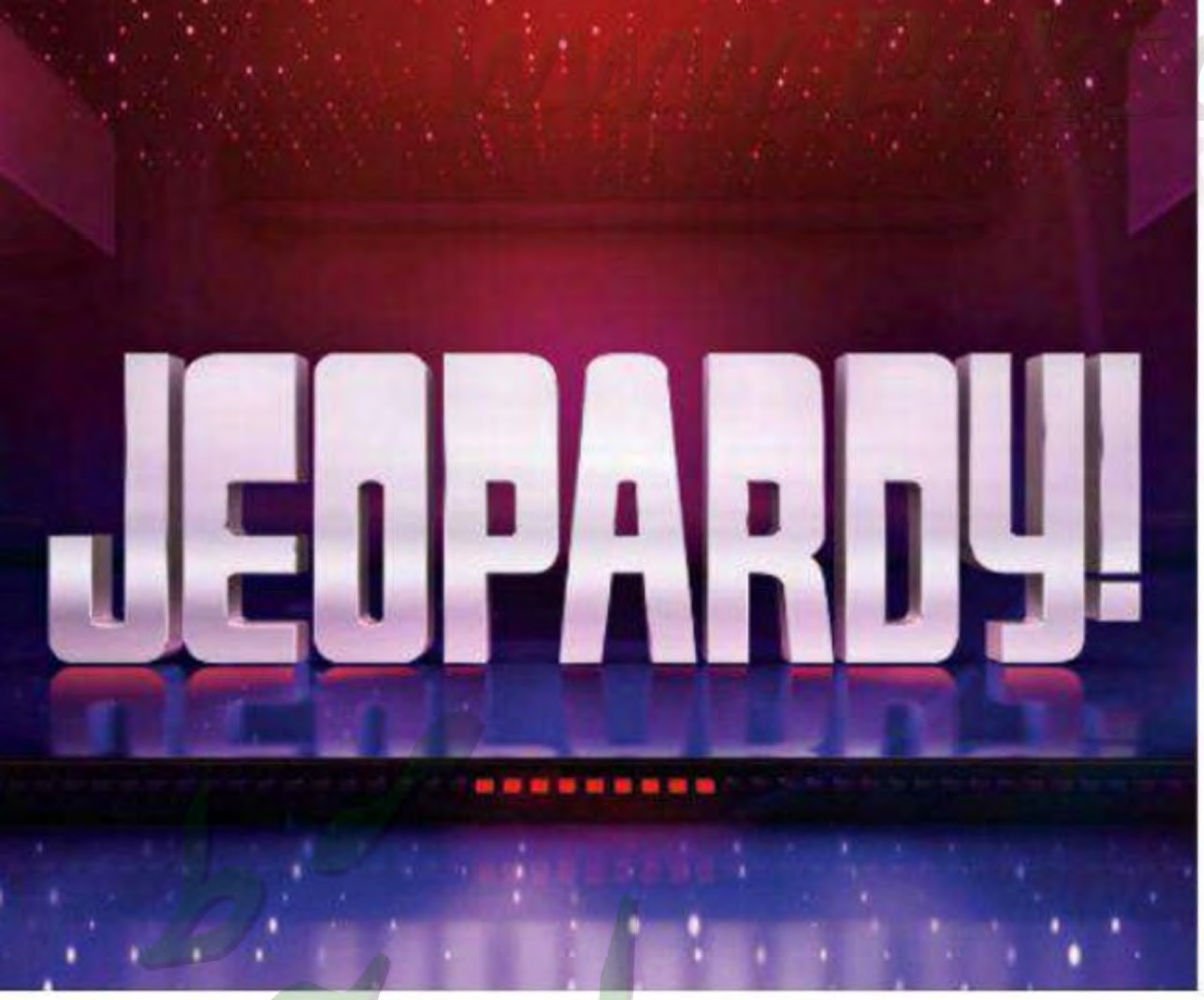

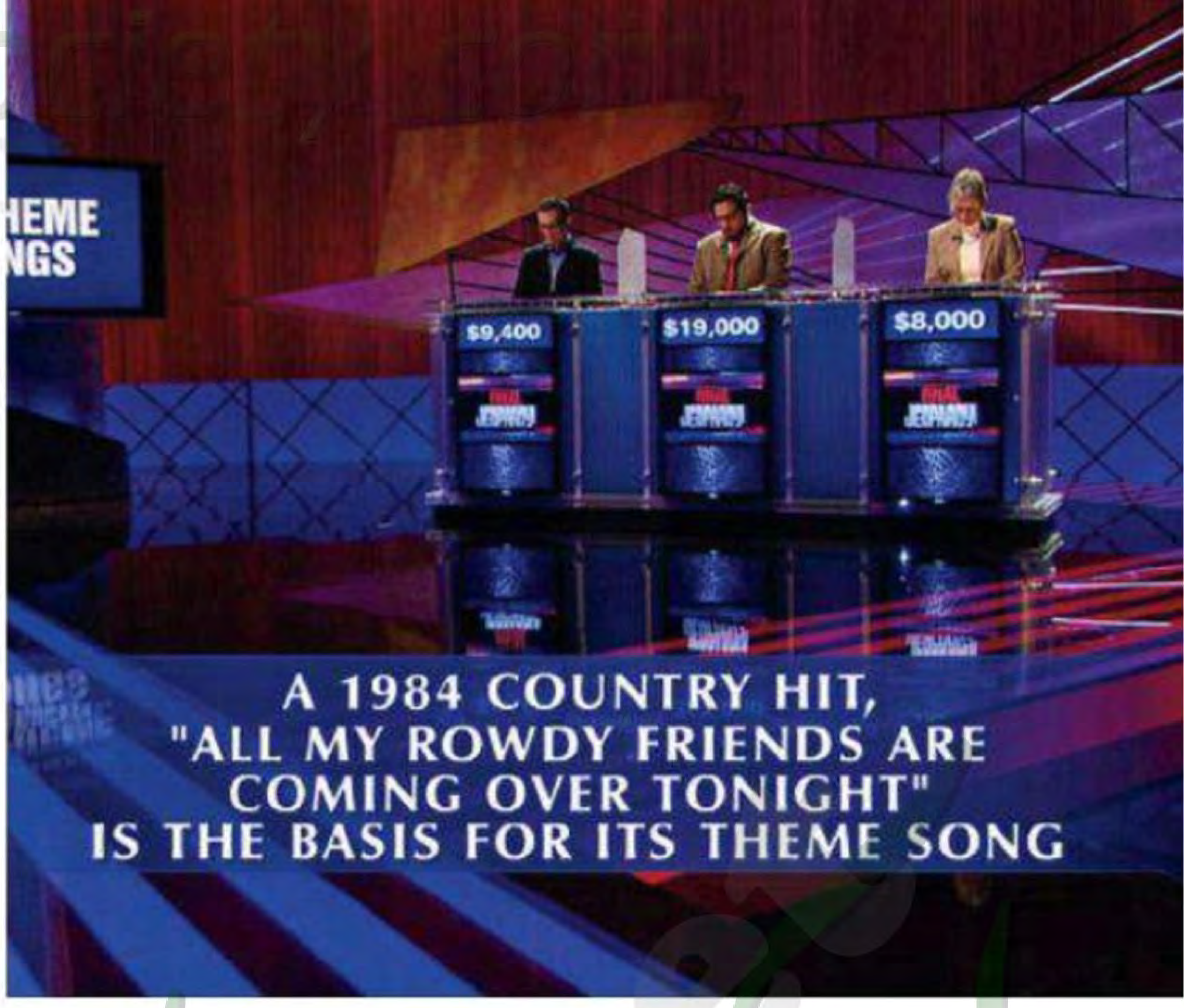

Theriault with Alex Trebek. When the category TV Theme Songs came up, "I told myself not to get greedy," he says.

COURTESY JEOPARDY PRODUCTIONS, INC. (4)

later. They tape two shows a day, with a break just long enough to grab a slice of pizza and a bottle of water and get your make-up reapplied. Once again I was in the lead heading into Final Jeopardy. When Alex announced the category, I almost fainted: presidents of the United States. My other obsession. I thought, I am going to win this thing again! But I fumbled the final question: 'Which president installed solar panels on the White House?' It was Jimmy Carter. Less than two hours after I won at *Jeopardy!*, I lost at *Jeopardy!*

"I haven't watched the show much since I was on it. I'm still not quite over the disappointment of losing (though I did take home the $19,000 I won in the first game). But for 45 minutes on April 27, 2011, everyone called me Champ." ■

Theriault lives in Portland, Oregon, where he is news editor at the *Portland Mercury*.

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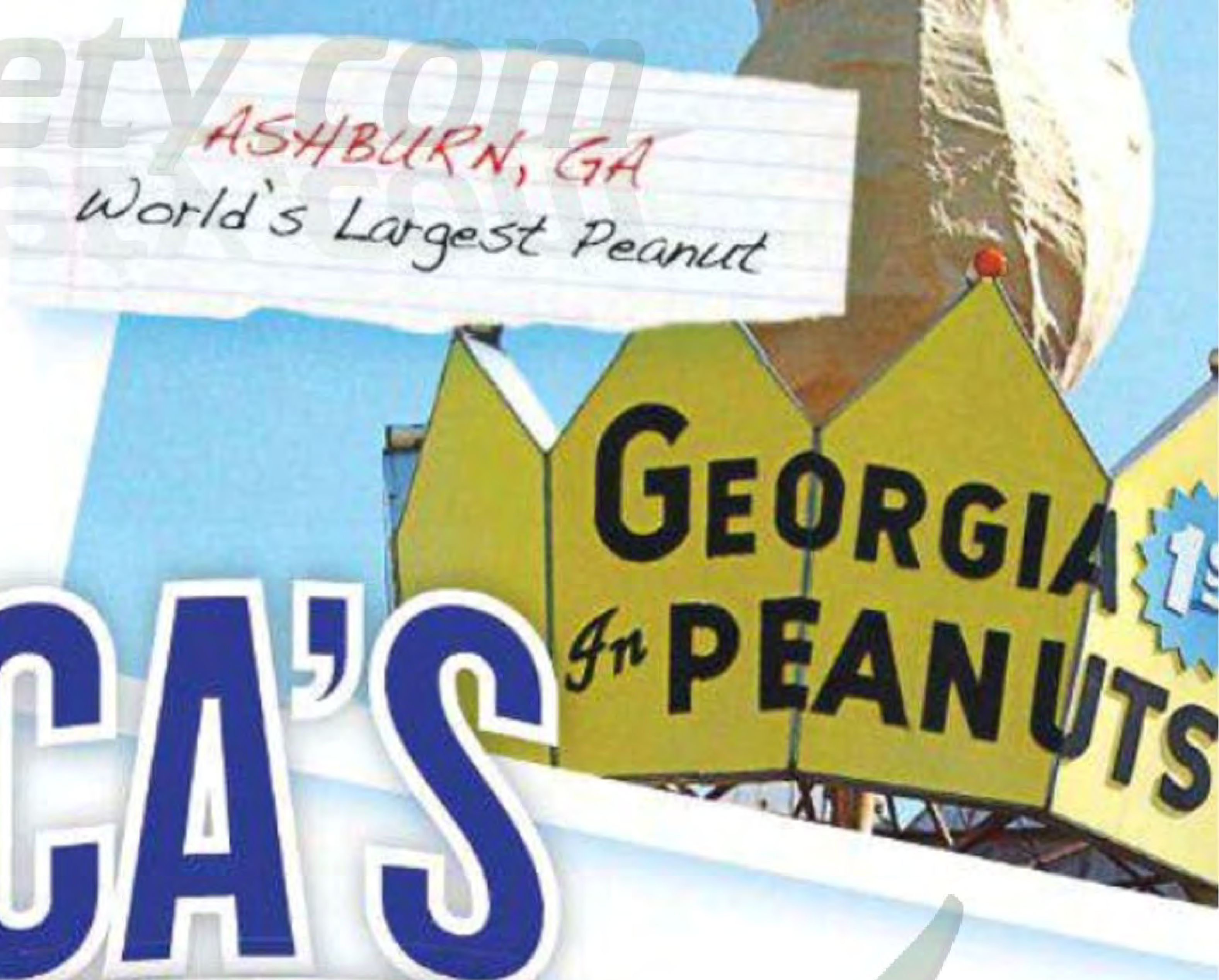

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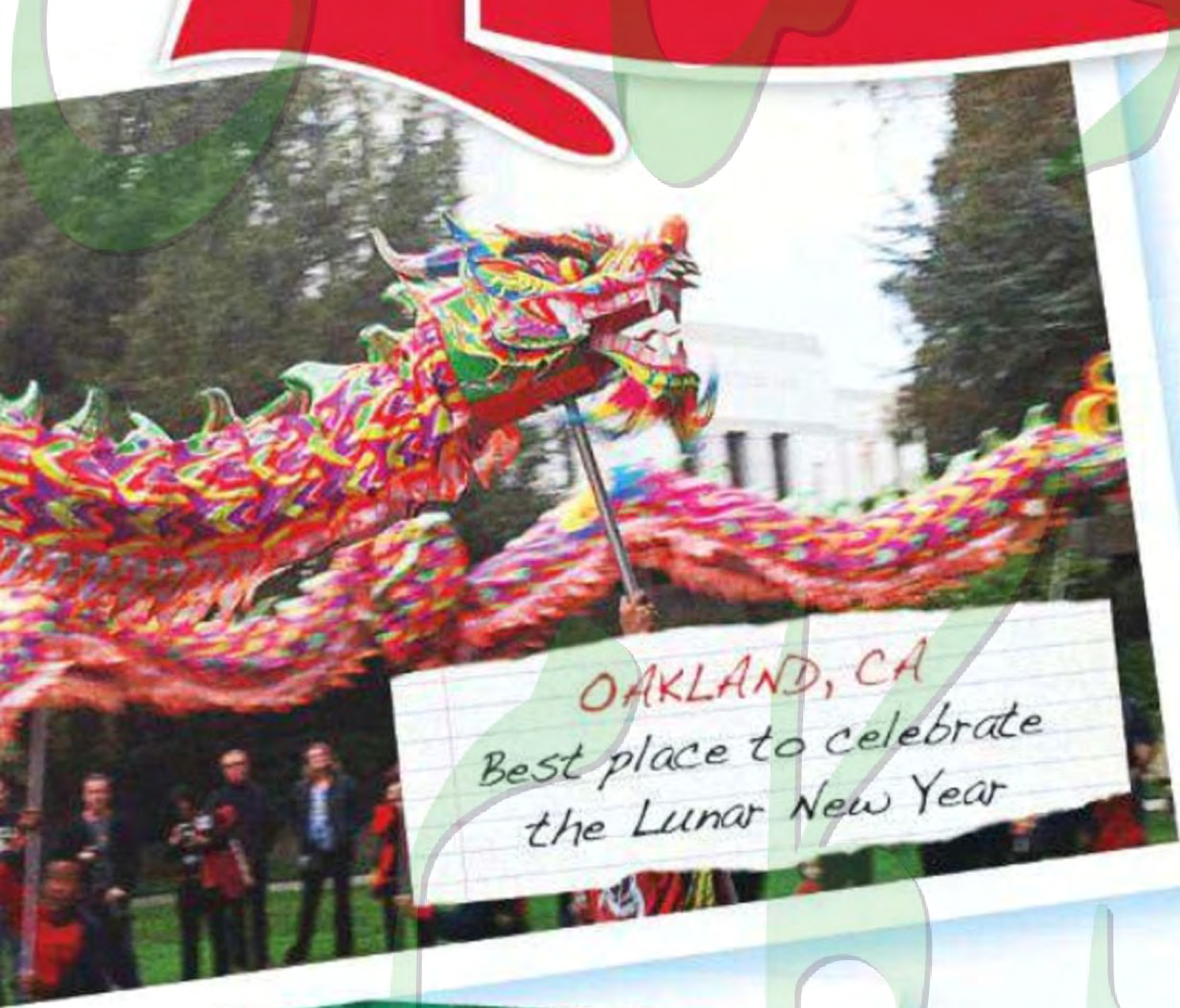

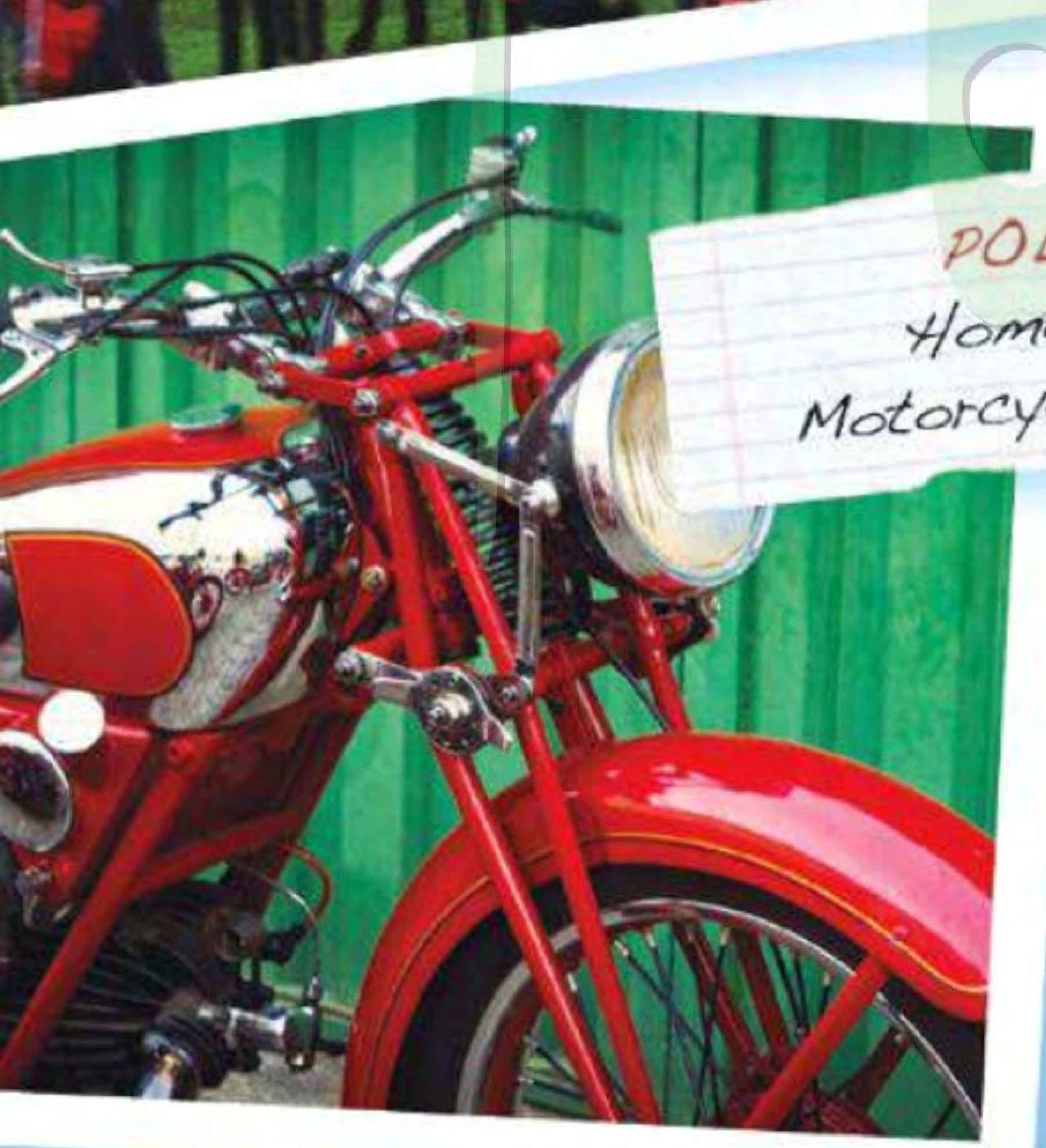

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Books

Mini Excerpts & Reviews BY DAWN RAFFEL

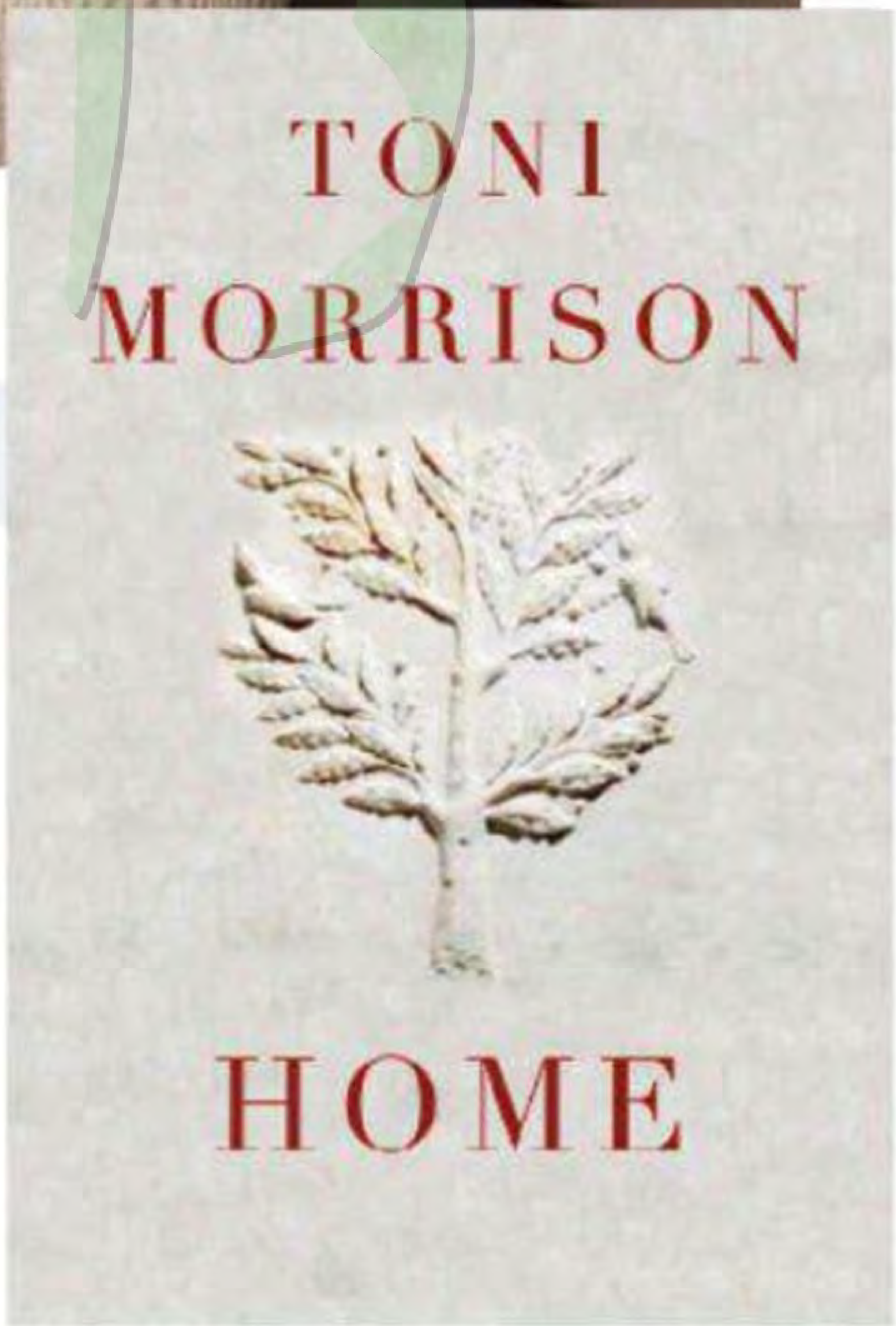
NICOLAS GUERIN/CONTOUR BY GETTY IMAGES

NOVEL

Home **by Toni Morrison (Knopf, $24)**

He was far too alive to stand before Mike's folks or Stuff's. His easy breath and unscathed self would be an insult to them. And whatever lie he could cook up about how bravely they died, he could not blame their resentment.

Nobel laureate Morrison's new novel is 147 pages of condensed power. Frank Money (who has none) is a Korean War vet facing racism, poverty, and his own demons in this journey to courage.



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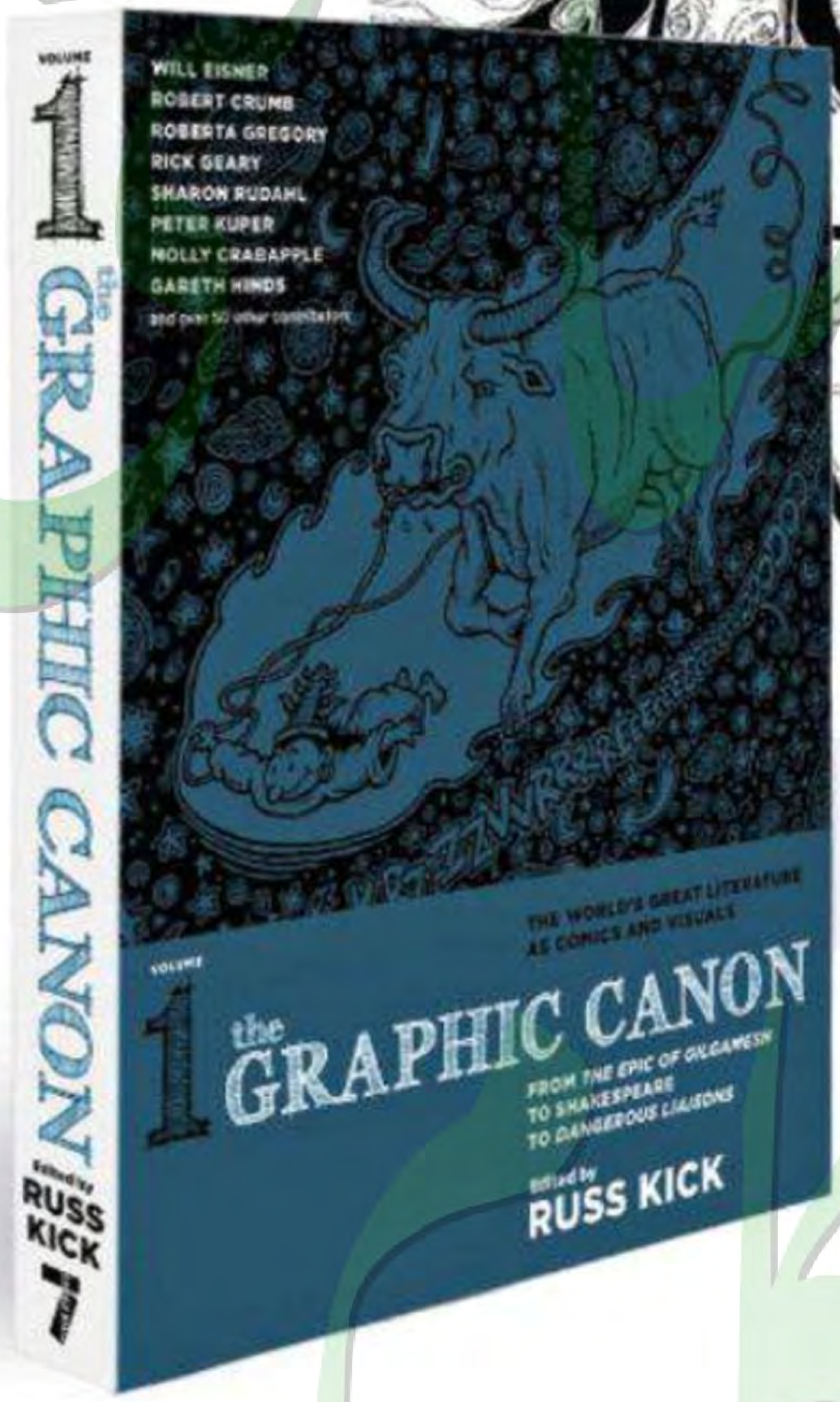


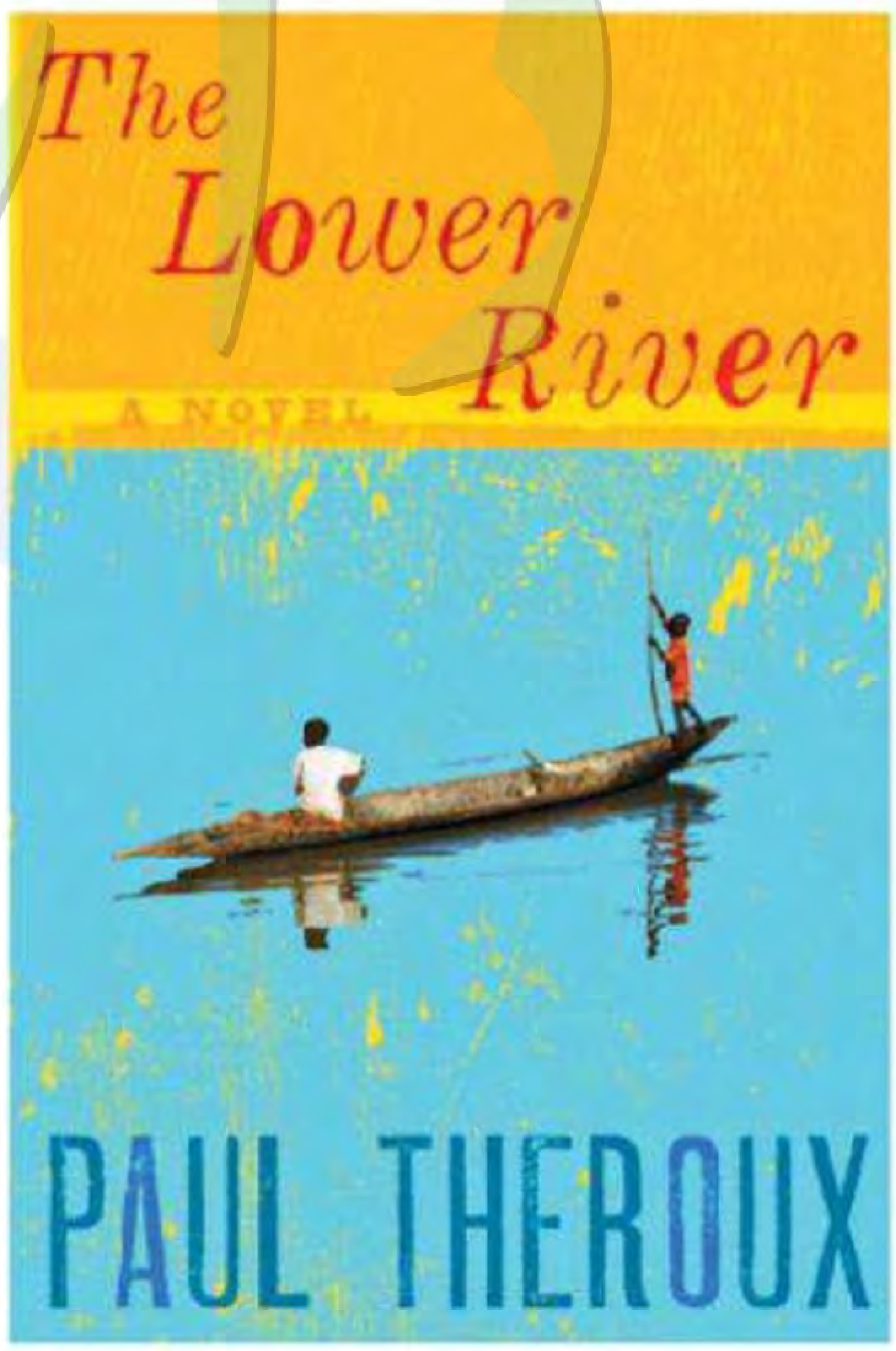
ART & INSPIRATION

The Graphic Canon, Volume 1
(Seven Stories Press, $29.95)

When graphic artists reimagine literary classics (in the first of three planned volumes), the result is seriously fun and strangely moving. Above, The Tale of Genji, *rendered by Molly Kiely.*

NOVEL

The Lower River **by Paul Theroux**
(Houghton Mifflin Harcourt, $25)



The snake did not move—that is, it remained coiled. But then its pear-shaped head tilted, its yellow eyes flickered and widened, and it seemed almost imperceptibly to swell ... as though it was visibly thinking.

Every sentence has you on the edge of your seat in this story of a divorced American man's move to Malawi. Theroux's emotional acuity is as intense as the setting.

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"My toenail has never looked this good in about 40 years! Thank you." May 4, 2011
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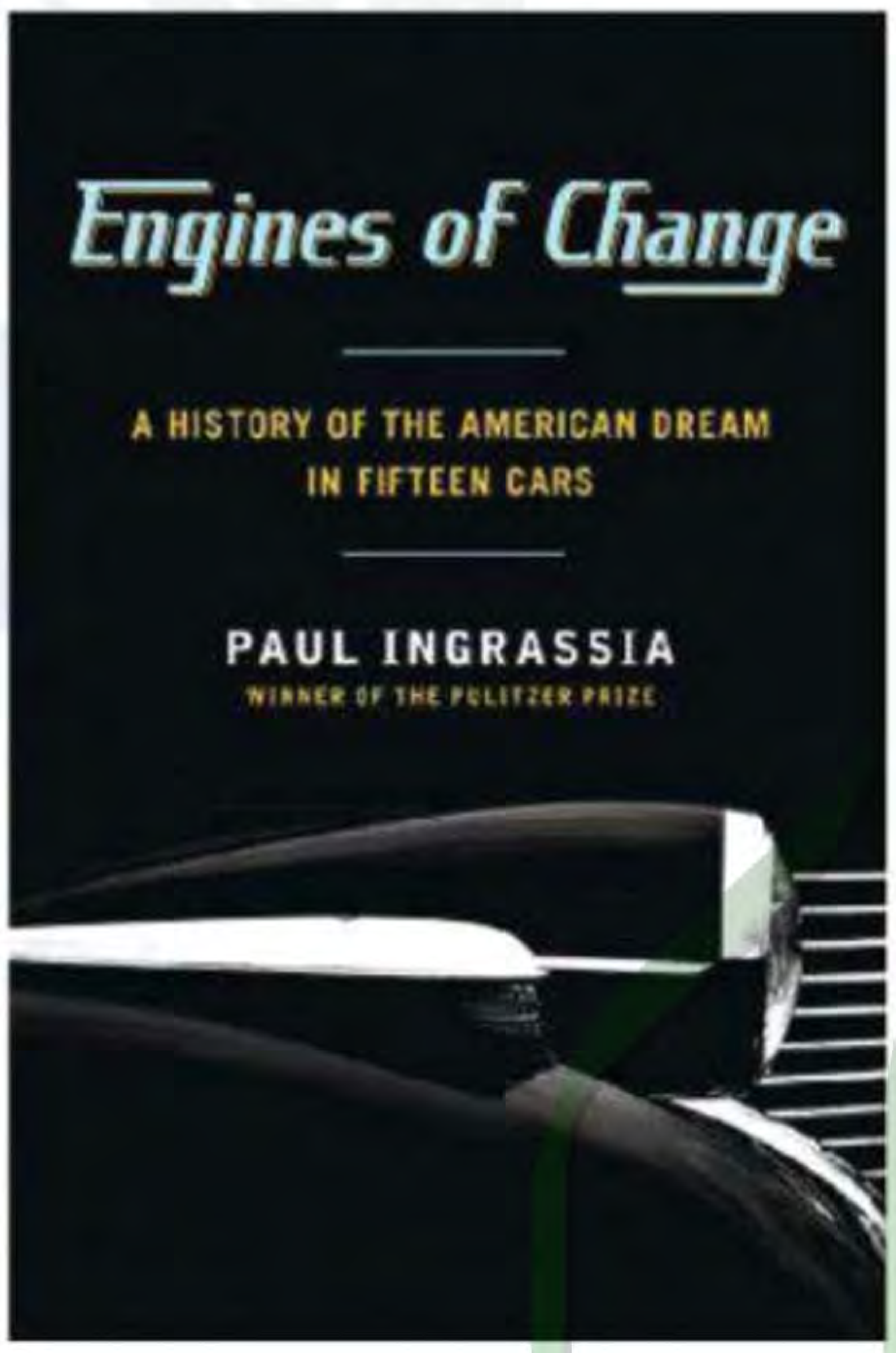
Books

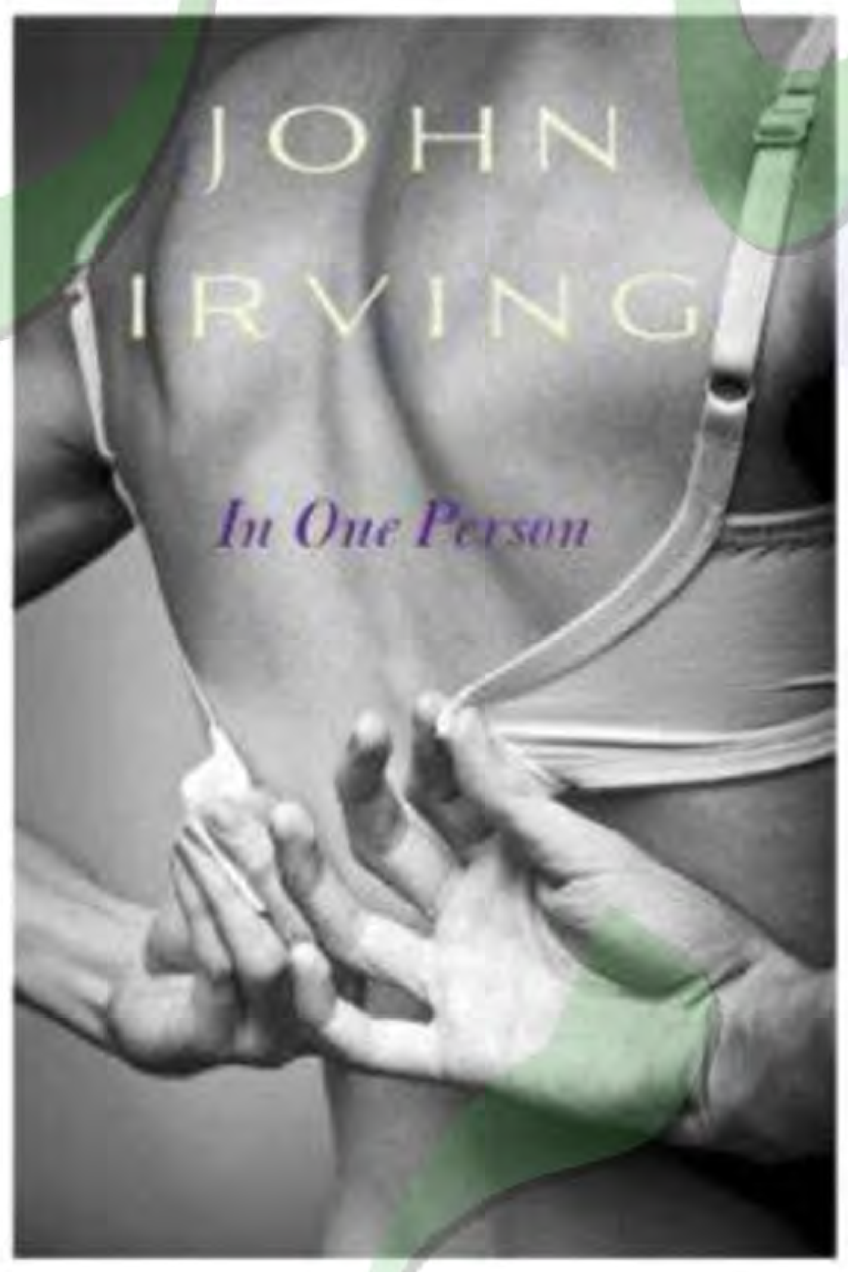
HISTORY



Engines of Change: A History of the American Dream in Fifteen Cars **by Paul Ingrassia (Simon & Schuster, $30)**

The Model T promoted social networking one hundred years before Facebook and fostered a sexual revolution a half century before the Pill.

Ingrassia, a celebrated journalist and certified car nut, explains how our wheels not only got us from here to there but also shaped our national psyche. See, we knew that old Chevy was worth something.



NOVEL

In One Person **by John Irving (Simon & Schuster, $28)**

Given my grandfather's elevated status in our town, it was perhaps surprising that the First Sister Players always cast him in female roles … I actually remember my grandfather better as a woman than as a man.

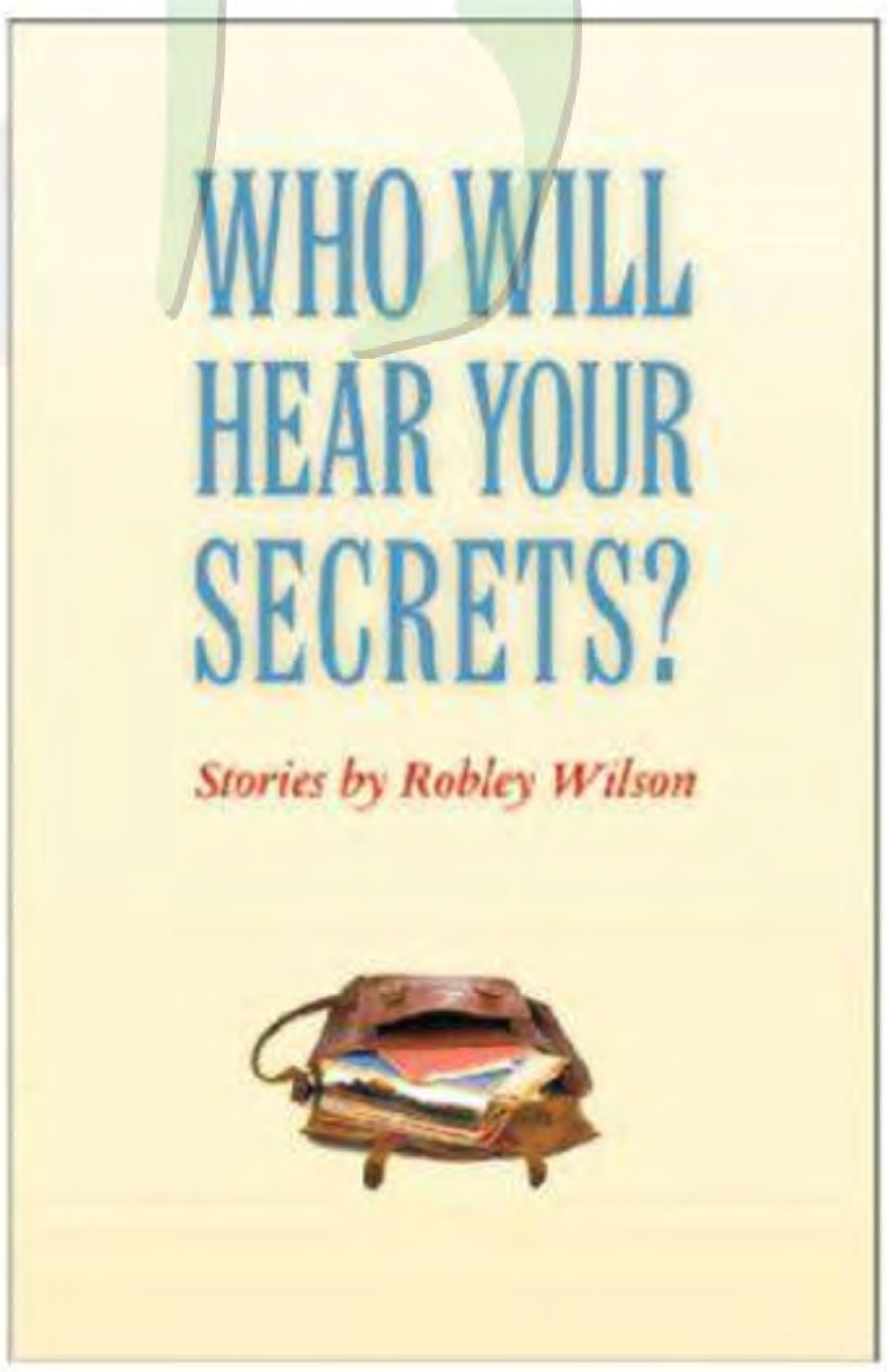
The literary provocateur who brought us Garp *returns with an exploration of love, sexuality, the AIDS epidemic of the '80s, and the search for self.*

STORIES

Who Will Hear Your Secrets? **by Robley Wilson (The Johns Hopkins University Press, $19.95)**

"I smelled her before I saw her," Monaghan said. "Blood. The reek of it. You can see for yourself: The bone at its break pokes clean through the flesh."

For decades, Wilson has been one of our finest short story writers; this volume of sly, subtle tales will show you why.



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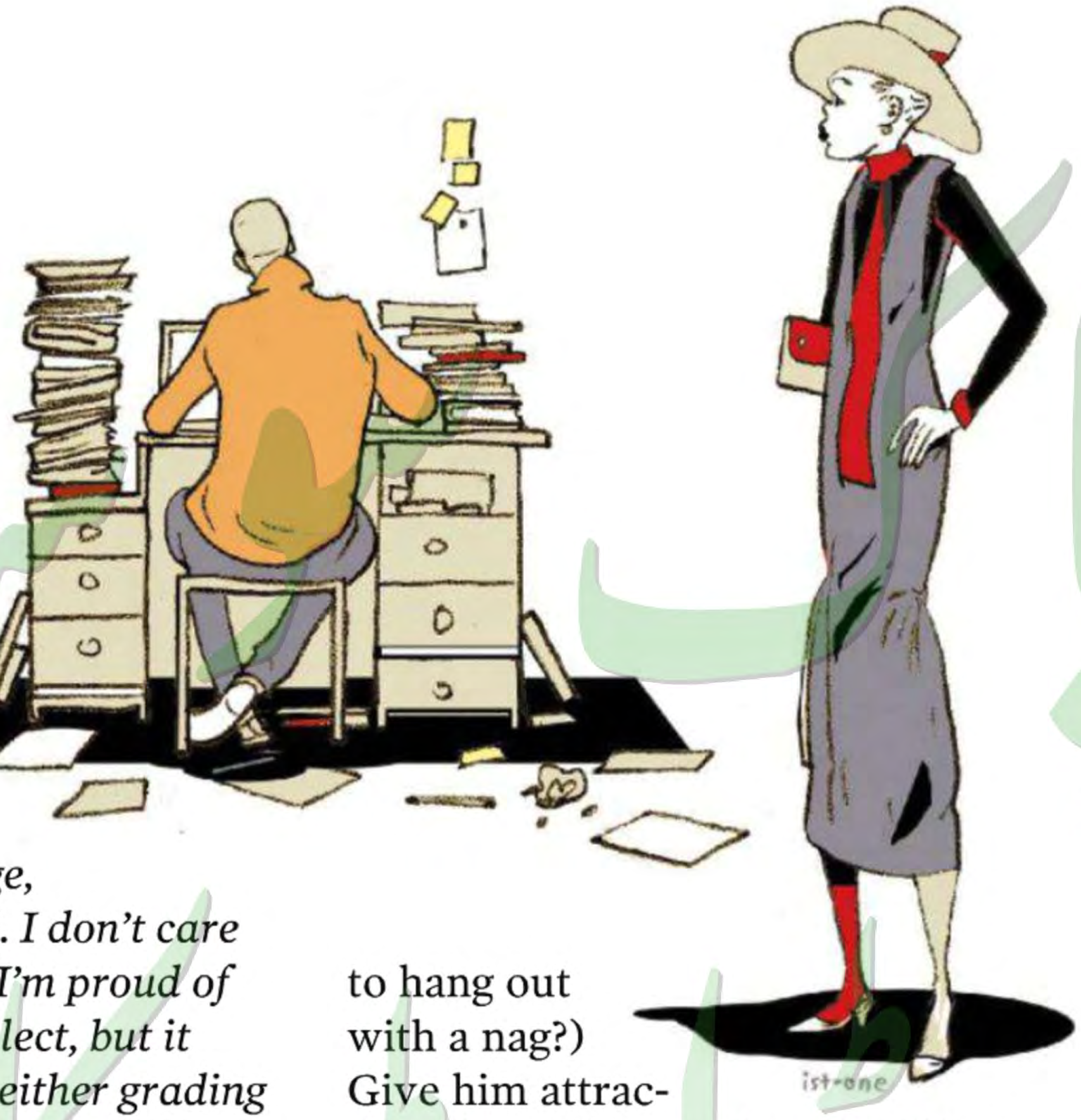
Ask Laskas

JEANNE MARIE LASKAS



Doctorate of Drudgery

My fiancé works all the time. It's not like he's a lawyer or an investment banker trying to make partner and pull down a huge salary. He teaches history at a local college, and he's safely tenured. I don't care about his income, and I'm proud of his education and intellect, but it seems like he's always either grading papers or preparing a lecture. We barely get to the movies. We're both in our 30s and hope to start a family soon, but honestly, after this semester, I'm starting to have my doubts. What will I do if we have kids?

Academic Widow

Dear Widow,
Tell him you miss him. Tell him you love him. Invite him on a date. Don't wait for him to come up with ideas on how to stop his workaholic tendencies, and don't nag. (Who wants to hang out with a nag?) Give him attractive alternatives and remind him there's a whole fun world outside the classroom—with you.

Jeanne Marie Laskas is not a shrink, but she does have uncommon sense.

Shine a Light

A woman from a state agency called to notify me that she had approved a recent report of mine, and she went on to say that she and her supervisor were impressed with my work. She said they routinely return reports to writers for revision, but mine had been exceptionally well done. I was pleased, of course, but I also thought it would be nice if my boss knew that I had scored a few points at the state

ILLUSTRATED BY ISTVAN BANYAI; SCOTT GOLDSMITH

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(1) The eight-week clinical trial, published in the Journal of Rheumatology, involved 63 patients who had suffered from chronic osteoarthritis knee pain for an average of 10 years.

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MODERN MANNERS

My in-laws are controlling and manipulative. For the past 12 years, they have visited us for a week every year. They expect us to drop everything and accommodate them. This year, they're planning a trip when my husband will be in Afghanistan. I flat out do not want them to visit. In my view, it's not going to kill them to stay home one year. My husband says he owes them an explanation, but I say we owe them nothing. Who's right?

Sorry, my Golden Rule of Respect Thy Elders trumps your whining. So the old folks want to visit. Do you really want to risk damaging family ties just because you don't particularly enjoy their visits? They clearly look forward to seeing you. They probably love you. Suck it up. One week a year is hardly "controlling and manipulative." Manage the time better. Suggest they spend a few days at a nearby B&B, and buy two tickets to fun events they can do around town (without you).

level not only for myself but also for my department. Would there have been a tactful and professional way to communicate this? Swelled Head

Dear Swelled,
Absolutely! Contact the state agent and thank her for the compliment, and ask if she'd be kind enough to let your boss know of your excellent work. Chances are she'll be glad to pass along the praise. If for any reason she can't, walk up to your boss and brag! You deserve a pat on the back.

Boomerang Mom?

My kids and I have lived with my mother for several years. Some time ago, she signed the ownership of the house over to me and told me that if I got remarried, she would find a place of her own and move out. Well, I'm getting married in three months, and she has not yet begun to look for a place. She has accused me of being ready to kick her out, even though I haven't mentioned it. How can I approach her about this?

Ready to Pull Hair Out

Dear Ready,
Since giving you the house and volunteering to move out were all your mother's ideas, there must be something in particular preventing her from implementing the plan. Have a heart-to-heart with her. Perhaps she needs money and was hoping you would make payments to her in exchange for the house title. Perhaps she's afraid of losing contact with you and the kids. Whatever the problem, pulling your hair out won't solve it, but a straightforward talk with Mom just might.

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BEFORE **AFTER**

Name: LINDA **Age:** 71 Actual client. No retouching.

Patient had facial-firming and neck-firming procedures. Ft. Lauderdale, FL center.

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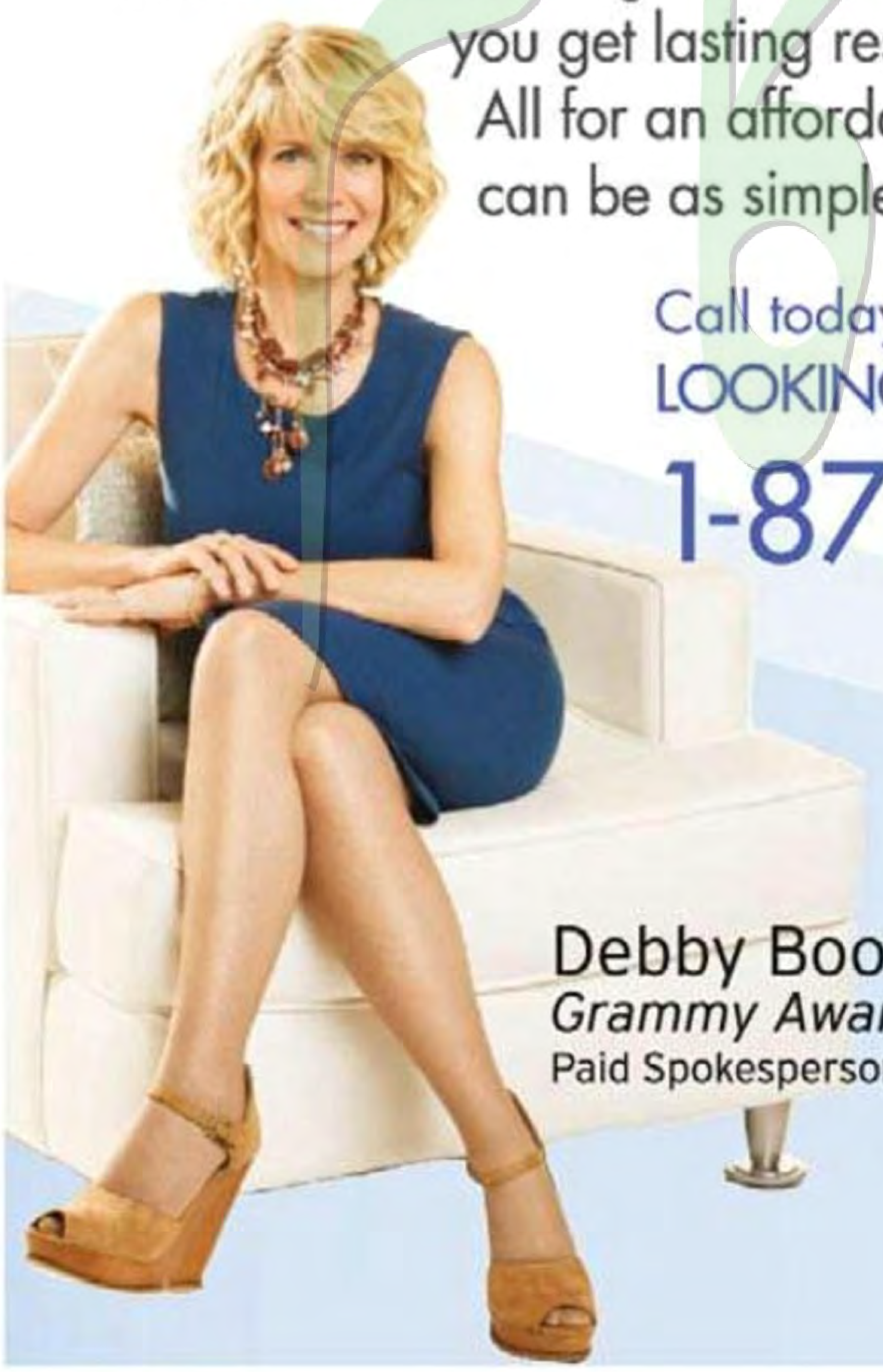

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Word Power

BY EMILY COX & HENRY RATHVON

Shoptalk

Before you do your next *Antiques Roadshow* impression and start haggling over prices, master this array of market phrases. Done dealing? **Answers on the next page.**

1. meretricious (mer-eh-'tri-shis) *adj.*—A: falsely or tawdrily attractive. B: eager to sell. C: worth more over time.

2. bodega (bo-'day-gah) *n.*—A: bookstore. B: barbershop. C: wineshop.

3. queue up ('kyu 'up) *v.*—A: add sales tax. B: form a line. C: overspend.

4. haberdasher ('ha-ber-da-sher) *n.*—A: pushy salesman. B: dealer in menswear. C: mender of shoes.

5. caveat emptor ('ka-vee-aht 'emp-ter) *n.*—A: "Let the buyer beware." B: "Everything must go." C: "First come, first served."

6. patronize ('pay-tre-niyz) *v.*—A: visit as a customer. B: put up sale signs. C: argue.

7. mercantile ('mer-ken-tiyl) *adj.*—A: spending freely. B: using false tactics. C: of buying and selling.

8. haute couture ('oht ku-'tur) *n.*—A: pots and pans. B: high fashion. C: bicycle shop.

9. millinery ('mi-le-nar-ee) *n.*—A: women's hats. B: grains and flours. C: paper goods.

10. floorwalker ('flor-wawker) *n.*—A: browser who never buys. B: shoplifter. C: roving sales supervisor.

11. charcuterie (shar-ku-te-'ree) *n.*—A: café curtains. B: hair salon. C: deli specializing in meats.

12. estaminet (e-stah-mee-'nay) *n.*—A: price drop. B: small café. C: shopping spree.

13. chaffer ('cha-fer) *v.*—A: haggle. B: advertise aggressively. C: hoard.

14. defray (di-'fray) *v.*—A: lose value. B: provide payment for. C: offset.

15. monger ('mun- or 'mon-ger) *n.*—A: broker or dealer. B: cheapskate. C: dishonest merchant.

Check This Out

If someone gets **cashiered**, he's been fired or dishonorably dismissed. As a verb, *cashier* comes from the Dutch *casseren* ("to cast off") and the French *casser* ("to discharge"); it's also related to *quash* ("to suppress, extinguish"). But a different French root gives us the clerk we call a cashier: *cassier*, which is from *casse*, or "money box."

ILLUSTRATED BY EDWIN FOTHERINGHAM

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Answers

1. meretricious—*[A]* falsely or tawdrily attractive. That skirt is flattering, I suppose, if not a little *meretricious*.

2. bodega—*[C]* wineshop. Sipping sangria in the *bodega* doorway, June dreamed of Henry's kiss.

3. queue up—*[B]* form a line. We've got 300 jumpy people *queued up* for just five discount iPads!

4. haberdasher—*[B]* dealer in menswear. I think Andy gets his suits from the Buster Keaton *haberdasher* on 4th Street.

5. caveat emptor—*[A]* "Let the buyer beware." At the altar, Pastor Jon should have put a *caveat emptor* sign on my husband!

6. patronize—*[A]* visit as a customer. One more snide look from that clerk, and I'm going to stop *patronizing* this store.

7. mercantile—*[C]* of buying and selling. Willie has been in the *mercantile* trade since his first baseball-card swap.

8. haute couture—*[B]* high fashion. Jan seems to think that flip-flops and bib overalls are *haute couture*.

9. millinery—*[A]* women's hats. The price tag put an end to Clare's search for a trademark piece of *millinery*.

10. floorwalker—*[C]* roving sales supervisor. Our new *floorwalker* may as well be a mannequin for all the help he offers.

11. charcuterie—*[C]* deli specializing in meats. We can't make Dad's five-story hoagie until he gets back from the *charcuterie*.

12. estaminet—*[B]* small café. Looking for a killer cup of joe? Try the *estaminet* next to the train station.

13. chaffer—*[A]* haggle. Twenty minutes of *chaffering*, and you got the price reduced by just three cents?

14. defray—*[B]* provide payment for. For some 15 years, Duke's parents have *defrayed* the cost of his rent.

15. monger—*[A]* broker or dealer. If you're looking for a good olive oil, try the Italian *monger* downtown.

VOCABULARY RATINGS

- **9 and below: Sticker price**
- **10–12: Sweet deal**
- **13–15: Real steal**

Sound Smarter

When you drastically improve something (say, your job performance, tennis play, or cooking skills), give yourself due credit: You've pulled a **180-degree turnaround,** not a 360-degree one. Logically speaking, 360 degrees would take you back full circle to square one—and right past your newfound success.

To play an interactive version of Word Power, download the *Reader's Digest* magazine app from the iTunes Store.

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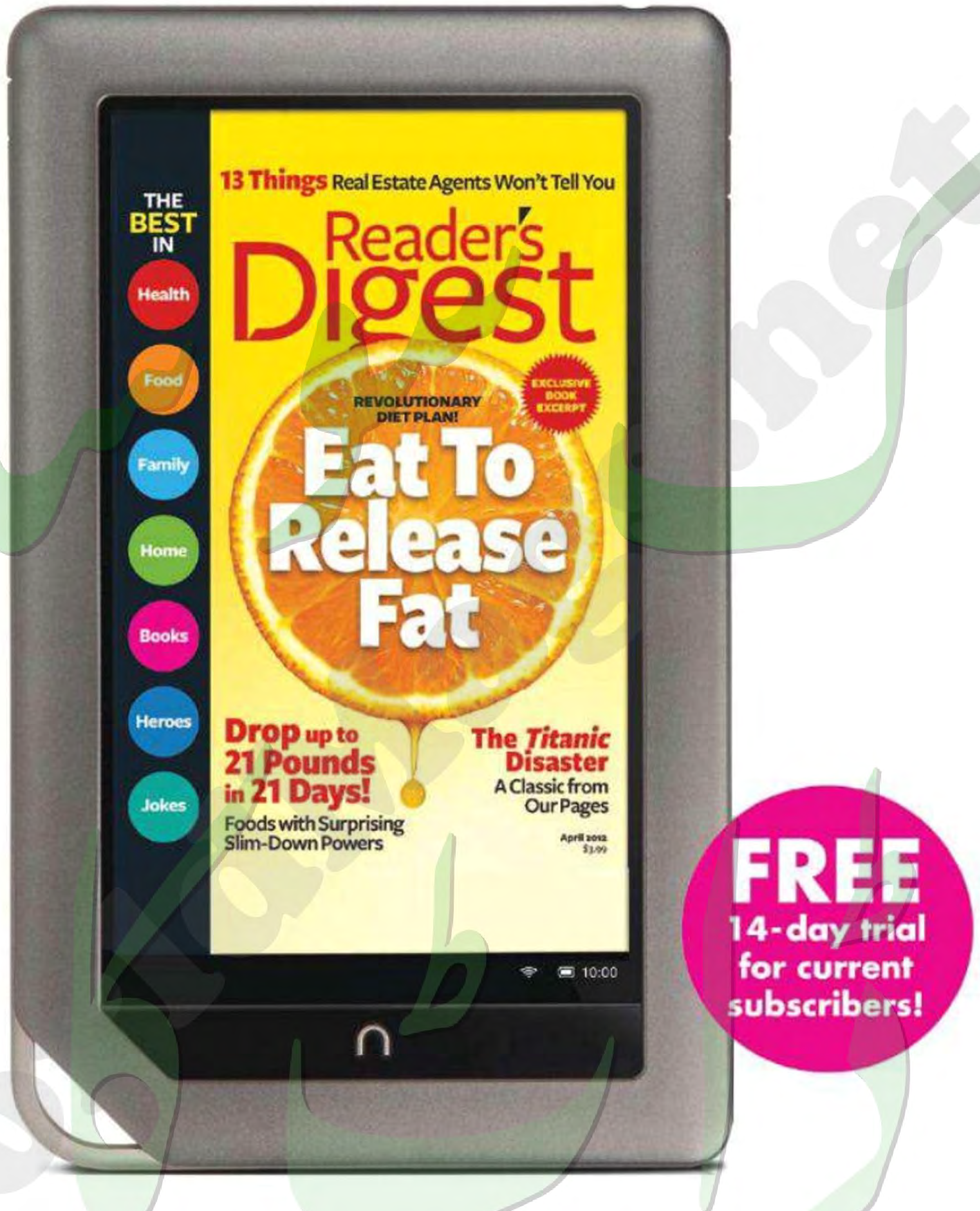

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continued from page 112

37 “Giving food is not giving love. Obesity will hurt their health and decrease their life span. Instead, give affection. Pet them, brush them, love them, and walk them.”

Bernadine Cruz, DVM

38 “Home cooking for your pet is harder than you think. I once saw a dog who was fed a home-cooked diet of chicken breast and vegetables for a year, and his bones became so weak that his jaw broke. If you would like to cook for your pet, find a veterinary nutritionist who can help guide you, or check out balanceit.com.”

Monica Revel, DVM, a vet in West Hollywood, California

39 “One way to make sure your vet is up on the latest stuff? Ask how he puts your pet to sleep. If he says he uses ketamine or halothane gas, that's not good. That's like 1970s medicine. Isoflurane and sevoflurane are a lot safer.”

Rachel Simpson

WE COULDN'T MAKE THIS UP

“I once had a dog responsible for a divorce. The dog came in and had eaten something unusual. When we went into surgery, it turned out it was a pair of women's underwear. The owner insisted she wanted the underwear back. We washed them and sent them home, and it turned out they didn't belong to the lady. They belonged to her husband's mistress.”

Bernardine Cruz, DVM

“A client came in with her poodle and warned us that the dog would bite. She said that it would often corner her in a room at home, too, and snarl and sometimes bite. I asked how she handled it, and she said, ‘Well, I started throwing food to get him away from me, and it worked. So now I keep snacks in every room just in case.’ ‘So ... ,’ I asked incredulously, ‘whenever he tries to attack you, you give him a treat?’ ‘Yes,’ she answered, ‘and it works every time!’”

Dennis Leon, DVM

“I had one client who got upset because her dog's ear infection wasn't getting better. It turned out she was putting the oral tablets in the dog's ear canal. They were all stuffed in there. I wish I were making this up.”

Rob Nathan, DVM, a vet at Sharon Center Veterinary Hospital in Medina, Ohio

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LEGAL NOTICE

If you own or owned a home, building or other structure containing a Plumb-PEX plumbing system, you could get benefits from a class action settlement.

A settlement has been reached in a class action lawsuit about whether Radiant Technology, Inc. and Uponor, Inc. ("RTI" or "Defendants") sold Plumb-PEX plumbing systems with brass insert fittings and stainless steel clamps that may leak and cause damage to property. Defendants deny all of the claims in the lawsuit, but have agreed to settle the case to avoid the cost and uncertainty of a trial.

WHO'S INCLUDED?

Those included, together called a "Class" or "Class members" include anyone who owns or owned a property containing an RTI Plumb-PEX plumbing system, containing ASTM standard F1807 brass insert fittings and stainless steel clamps installed on or after May 15, 1999. Owners of systems that have: (a) had a leak in one or more of the system's components, or (b) a water flow differential of 50% between the hot and cold lines that supply one or more fixtures could get benefits. A picture of the RTI Plumb-PEX Plumbing System components can be found at www.RTIsettlement.com.

WHAT DOES THE SETTLEMENT PROVIDE?

RTI will reimburse Class members for property damage caused by a qualifying leak and pay reasonable costs associated with the repair or replacement of affected components. They will also pay reasonable costs to repair or replace affected components or possibly the entire system in structures that have had two or more qualifying leaks. Eligible Class members will have at least 18 months to file a claim even if that time period expires after their warranty. Persons and entities that have paid claims for qualifying leaks related to an RTI Plumb-PEX Plumbing System component are also included and may file a claim to be reimbursed.

HOW DO YOU ASK FOR BENEFITS?

To request (a) a payment for past property damage or repairs, or (b) to have repairs performed on an eligible system, you must complete and submit a claim form. The earliest deadline to submit a claim form is **December 26, 2013**. Actual deadlines will vary by property based on when a problem occurred and whether the system's original warranty is still in place. Claim forms are available at www.RTIsettlement.com.

WHAT ARE YOUR OTHER RIGHTS?

You have a choice to stay in the Class or not. If you submit a claim form or do nothing, you are choosing to stay in the Class. This means you will be legally bound by all orders and judgments of the Court, and you will not be able to sue or continue to sue RTI about the legal claims resolved by this settlement. If you stay in the Class you may object to the settlement. You or your own lawyer may also ask to appear and speak at the hearing, at your own cost, but you don't have to. The deadline to submit objections and requests to appear is **June 1, 2012**. If you don't want to stay in the Class, you must submit a request for exclusion by **June 1, 2012**. If you exclude yourself, you cannot get benefits from this settlement, but you will keep any rights to sue RTI for the same claims in a different lawsuit. The detailed notice explains how to do all of these things.

THE COURT'S FAIRNESS HEARING.

The U.S. District Court for the District of Minnesota will hold a hearing in this case (*In Re: Uponor, Inc., F1807 Plumbing Fittings Products Liability Litig.*, MDL No 2247), on **June 26, 2012** at 11:00 a.m. to consider whether to approve: the settlement; attorneys' fees, costs, and expenses of up to $2,400,000; $7,500 in payments to the Class Representatives, John & Helen McGregor, and a payment of $5,000 per home to nine other Class Representatives. These fees, costs, expenses and payments will be paid separately by RTI and will not reduce the amount of benefits available to the Class. If approved, the settlement will release RTI from all claims listed in the Settlement Agreement.

HOW DO YOU GET MORE INFORMATION?

View the detailed notice and Settlement Agreement at the website, call 1-855-248-4368, or write to Plumb-PEX Plumbing System Settlement, PO Box 869066, Plano, TX 75086-9066.

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40 "You can go to an online pharmacy and get the same exact drugs you would get from your vet for 10 to 20 percent off. But check first to make sure it's certified as a Verified Internet Pharmacy Practice Site (VIPPS certified). Some vets will also match online prices—you just have to know to ask." *Patty Khuly, VMD*

41 "Just because a food is premium priced doesn't mean it's good stuff. That's especially true with many foods that come in those little gourmet pouches or cans. You pay $3 a package, and it's basically just junk food with little nutritional value. Do some research, and have your vet read the ingredients list with you." *A vet* in California

42 "Some veterinary drugs have a generic version that's made for humans, and if your vet believes it's a safe and effective alternative, you can get it from a human pharmacy and pay ten times less than you'd pay for the animal version. But recognize that there are legitimate reasons why the generic might not be appropriate for your pet." *Patty Khuly, VMD*

IN IT FOR THE MONEY?

$142,613
Graduating veterinarian's average educational debt in 2011

$46,971
Veterinarian's average private practice starting salary in 2011

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43 "Don't ever share your medicines with your pets unless your vet says it's OK. One Tylenol will likely kill a cat."

Amber Andersen, DVM

44 "Yes, dog whisperer Cesar Millan has turned some aggressive dogs around, but—please—don't train your dog that way. Using aggressive tactics can cause serious behavior problems and may not be effective."

A vet in California

45 "A lot of pet medications are available at human pharmacies for lower prices than we charge. Walgreens even has a list of veterinary medicines for $4 per one-month dose. These are medicines that you would pay $20 or $30 for at your vet."

MeiMei Welker, DVM

46 "Want to exercise your cat without getting off the couch? Get one of those little laser beams."

Albert Ahn, DVM, a vet in Short Hills, New Jersey

47 "I know you mean well when you vigorously lather your dog with shampoo and then vigorously rub him dry with the towel, but that can jam hairs under the skin like little splinters and cause horrible infections that are very painful. It's especially a problem for short-coated dogs like Weimaraners, Boston terriers, pugs, Labs, and boxers."

Nadine Znajda, DVM, a vet with BluePearl Veterinary Partners in Tampa, Florida

48 "If the plaque sprays and dental water additives actually worked, none of us would be telling you to brush your pet's teeth."

Dennis Leon, DVM

49 "Take your cat to the vet in a plastic cat carrier with a removable top, and have your vet remove the lid for the exam. Your pet will feel more secure and be less likely to fight or try to flee."

MeiMei Welker, DVM

50 "If you live in a one-bedroom apartment with no patio and minimal space, and you're gone ten hours a day at your job, a 100-pound Great Dane may not be the best choice for you. Maybe start with a goldfish?"

Amber Andersen, DVM ■

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Grinding wheel sold separately.

drillmaster

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AUTO-DARKENING WELDING HELMET WITH BLUE FLAME DESIGN

LOT NO. 91214

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SAVE 50%

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Item 2745 shown

LOT NO. 2745/69094

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MOVER'S DOLLY

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REG. PRICE $14.99

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SUPER COUPON!

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82557058

SUPER COUPON!

SAVE 50%

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CHICAGO ELECTRIC POWER TOOLS

$19.99

REG. PRICE $39.99

LOT NO. 65570

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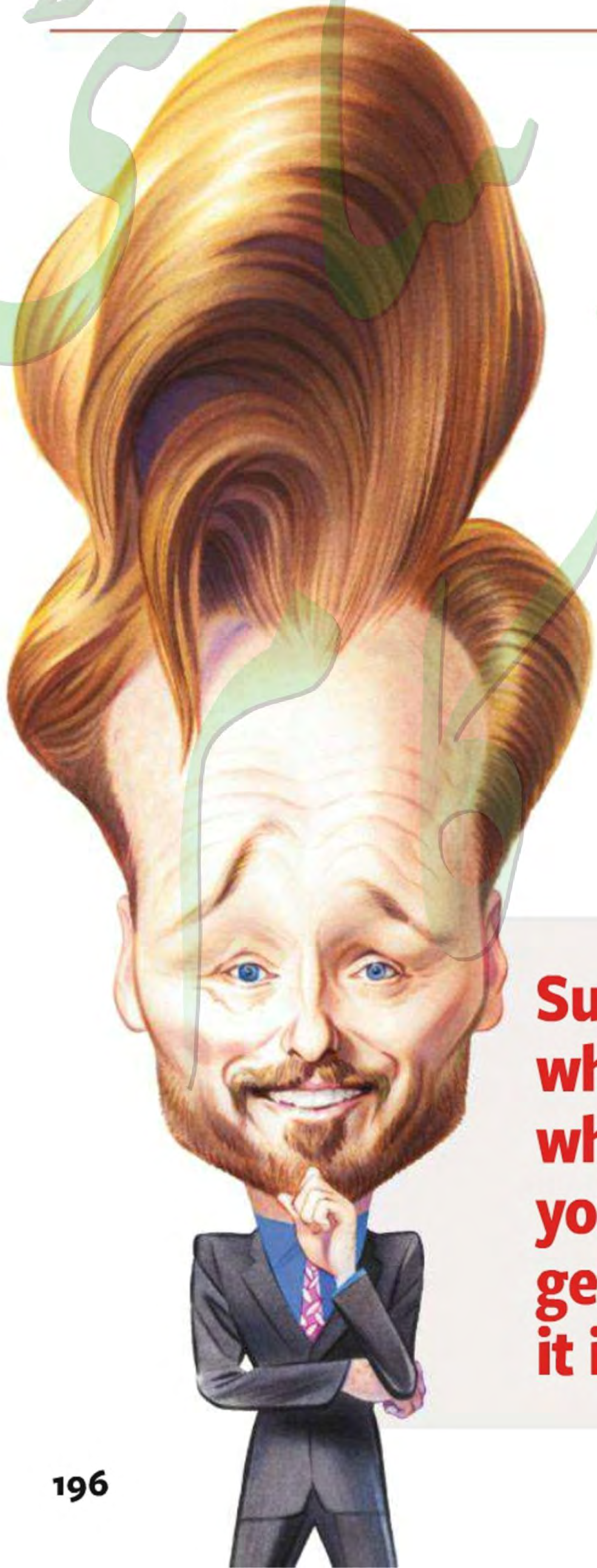
Quotable Quotes

In a thousand years, archaeologists will dig up tanning beds and think we fried people as punishment.

Olivia Wilde



Tourists don't know where they've been. Travelers don't know where they're going.

Paul Theroux, travel writer

You don't have to have anything in common with people you've known since you were five. With old friends, you've got your whole life in common.

Lyle Lovett, in *Esquire*

God writes comedy but sometimes has a slow audience. *Garrison Keillor*

There is nobody so irritating as somebody with less intelligence and more sense than we have.

Don Herold, writer and illustrator

Success is a lot like a bright, white tuxedo. You feel terrific when you get it, but then you're desperately afraid of getting it dirty, of spoiling it in any way.

Conan O'Brien

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